

# Parenting Hack!

## HOW TO HOLD THE LINE: (WITHOUT LOSING YOUR MIND).



### **Expect the resistance.**

Go in grounded, not aggressive.  
Remind yourself: This will be hard.  
That doesn't mean I should stop.



### **Don't match their energy.**

Their freak-out doesn't require one from you.  
Breathe. Speak clearly.  
If you need a break, take one.  
But don't get dragged into their emotional storm.



### **Give them space - without backing down.**

Let them be mad. Let them feel what they feel.  
Say: "I get that you're upset. You're allowed to be.  
But the boundary stays."  
Then step away if you need to. That's not giving in.  
That's modeling regulation and emotional maturity.



### **Collaboration not condemnation.**

Use the Social Media Check-Up assessment together.  
Compare answers. Talk it out.  
When they feel heard, (even if they don't like the  
outcome) they're way less likely to see you as the  
enemy.



### **Remind them (and yourself): This isn't about control.**

It's about safety. Balance. Mental health.  
This isn't just about screen time. It's about learning  
how to tolerate discomfort, manage impulses, and  
build resilience in the real world.