
The Family Digital Inventory

PARENT HOPE PROJECT



► STARTING POINT

Start where your family is at

There's no one-size-fits-all approach to parenting in the digital age. Every family's situation differs, so parents must clarify a few key realities to help establish their starting point.

- 1 How old are my children?
- 2 What have they already encountered online?
- 3 How much time are they currently spending on devices?
- 4 What kind of access to data or Wi-Fi does our family have?
- 5 Have we had open conversations about both the benefits and the risks of the digital world?
- 6 What patterns do I tend to fall into when trying to set limits with each child?
- 7 And perhaps most importantly—how wrapped up am I in my own devices?

Honest answers to these questions form the foundation for stepping up as a parent in ways that actually make sense for your family.

► LEADING

Lead from a centred place

Below are **"I" statement prompts** for parents to consider and work out what fits for them with their child.

Remember, it's a work in progress and doesn't always flow easily. Try not to give up when things don't go well, as small efforts can make a big difference for your children. The parenting aim is to open or guide conversations with our children about online content, without shaming or shutting down dialogue.

Examples of **Parent Reflections** and **'I' Postures** after doing a Family Digital Inventory:

Mother:

- "I realised I was spending most of my evening with a screen in my hand."
 - "I thought I was unwinding, but in fact I was checking out from the people in the room. That's not who I want to be as a mother."
 - "I won't try to take away something they love impulsively, but I will create clearer boundaries so it doesn't crowd out everything else. I must express my commitment to making family rhythms, like dinner, feel less like a daily battle."
 - "I will talk about online safety with my teen, not to control her, but to support her."
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Father

- "I'd catch myself telling the boys to get off their games while I was scrolling emails. I wasn't modelling anything helpful. I want to show up better."
- "I haven't been clear or calm in how I respond, and that's on me. I will set expectations that are fair and stick to them without turning it into a power struggle."
- "I won't assume basic controls are enough."
- "I will take the lead in learning how to protect our kids online, especially in games and social media."
- "I won't treat this as a one-off fix."
- "I will keep showing up and adjusting how I lead, because this isn't just about screens—it's about becoming the kind of parent I want to be."

'This isn't about reacting out of fear or trying to fix everything—it's about showing up with steady, loving leadership that gives them the balanced support they need to navigate their world.'

Jenny Brown, PhD

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