



Parents Guide

HELP YOUR CHILD* TO USE
TECHNOLOGY SAFELY

TECH FREE ZONES

Limit exposure to electromagnetic frequencies by turning off all devices including wifi routers and remove from bedrooms during sleeping hours. Create a radio frequency (RF) radiation free sleep sanctuary for your child where their body can perform its natural detox and replenishing functions while sleeping. RF exposure interferes with these processes.

PROTECT AKA "SHIELD"

Cover devices such as cell phones, iPads, and laptops in radiation blocking covers and sleeves. Avoid use of bluetooth devices such as AirPods or Watches. Instead, provide airtube headphones. Use radiation blocking throws when using devices.

REDUCE EXPOSURE

Teach your children how to disable wifi, bluetooth, cellular data, location services, etc. Only turn on what is needed for each use, returning it to off when done and leaving the default option for all settings in OFF. [HINT: Manufacturer's default is nearly always ON so check often especially after system updates.]. At home, hard wire internet to all computers, keyboards, TVs, printers, security cameras, etc. and charge with properly grounded electrical cords.

DISTANCE

Place devices, and associated wiring, as far away from user as possible on desks or tables. Adjust screen settings to avoid eye strain.

CIRCADIAN RHYTHM

Assure plenty of natural light and encourage frequent breaks. Wear blue light blocking glass when using devices. Adjust screen setting to soften light and avoid eye strain. Discontinue use of all electronics several hours before bedtime.

COMMUNICATE & EDUCATE

Show your child how the settings for electronics can and should be changed. The user is in control of how technology is used, not the company who sells it. Do not assume safety measures are in place to protect the user's health or that the list of necessary PPE will be included in the manufacturer's marketing. Just as we know that we must protect our skin by using an oven mitt when handling a hot pan, so must we protect ourselves from hot electromagnetic and radio frequency (RF) radiation arising from electronics and devices.

CONFIRM

Regularly assess your children's environment to confirm that exposure reduction is maximized.

ADVOCATE

Talk to your child's school about what they are doing to protect students from radio frequency (RF) radiation exposure. Insist on hard wired computer connections, safety signage and wifi free zones or timeframes. Advocate for the safety of all children in schools.

CELEBRATE

Devices can be used safely and in a positive way! Awareness is key.

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