

Parenting in the Digital Age: Nurturing Safe and Savvy Kids

Executive Director, Dr. Sharifa Noaman Al-Emadi's Message

Dear Readers,

Digital parenting is an evolving art in the modern age, requiring a delicate balance of guidance and freedom as children navigate the vast digital landscape. In this interconnected world, parents are not only guardians but also digital mentors, shaping their children's online experiences with wisdom and care. Digital parenting involves teaching kids about cyber safety, fostering critical thinking, and encouraging responsible online behavior.



Through our study on "Adolescent Overuse of Digital Technology," conducted in partnership with HBKU, WISH, and WISE, we asked parents about successful strategies they have implemented, to balance their children's use of technology. The responses varied and included physical activities, reading, cooking, drawing, and other hobbies that children enjoy, emphasizing the necessity of alternating between these activities, so that children are not bored. Parents also used methods to limit their children's use, such as taking devices from children, persuasion, incentives, discussion, and negotiation.

Interestingly, deprivation and limiting screen time were ineffective from the parent's viewpoint, bringing out negative behavior in children and pushing children to become more attached to their devices.

On the other hand, we also asked children about their opinions on digital monitoring and parental strategies, to which they responded that deprivation and limiting screen time were both useful strategies, allowing them to do other activities instead of using the device, and motivating them make time for family and friends alike.

In conclusion, digital parenting is one of the most important aspects of modern parenthood, equipping children with the skills and knowledge needed to navigate the digital world safely and intelligently. Through effective strategies and continuous engagement, digital parenting can enhance family values, strengthen family bonds, and prepare young people for a bright future in a connected world.

Dr. Sharifa Noaman Al-Emadi
Executive Director
Doha International Family Institute

Related Studies

The "Adolescent Overuse of Digital Technology" report, produced in partnership between the Doha International Family Institute (DIFI), Hamad Bin Khalifa University (HBKU), the World Innovation Summit for Health (WISH), and the World Innovation Summit for Education (WISE), summarizes the views of parents and adolescents and experts in Qatar based on qualitative and quantitative data collected and analyzed by the research team.

[Click here to view more](#)

International news and studies

What Is Digital Parenting? A Systematic Review of Past Measurement and Blueprint for the Future

This research- undertakes two interdisciplinary systematic reviews of the digital-parenting literature and characterized measurement across quantitative surveys and qualitative focus groups, interviews, codesign studies, and user studies. It provides recommendations for the future of digital parenting research and proposes a more comprehensive approach to measuring how modern adolescents are parented.

[Click here to view more](#)

Regional Studies

Parental education methods and their impact on children: an applied study on Sharjah

This study aimed to identify parental education methods and their impact on children in the Emirate of Sharjah, using the social survey method. Among the most important results of the study were sound parenting methods, and avoiding excessive cruelty, whether in treatment or in harsh words directed at children, which came in at a high rate of (74.10%).

The study concluded with a set of recommendations, including strengthening positive behavior among children and using sound parenting methods, which contribute to developing their personality, confidence, and feeling accepted by their parents.

[Click here to view more](#)

Patterns of parental upbringing in the Arab family and its impact on the child's personality: an analytical Study

This study aims to identify patterns of parental upbringing in the Arab family, based on an evaluative review of the results of studies and research conducted on this subject and its examination, with the aim of revealing and investigating the methods used to raise children. This study examined and analyzed the results of more than 60 educational, psychological, and social studies, based on the analytical method known in sociological literature.

[Click here to view more](#)

Local news and studies

Parental perspectives on adolescents' excessive use of technology in Qatar: challenges and coping strategies

This article conducted by DIFI researchers, explores the challenges and coping strategies associated with the excessive use of technology among adolescents in Qatar from the perspective of parents. The article presents the qualitative findings of a 2021-2022 study conducted in Qatar. The original study followed a mixed-method approach: investigating the experiences of adolescents and their parents, and the use of technology in their lives.

[Click here to view more](#)

DIFI News:



Dr. Khalid Al-Nama participated in the 22nd Annual Sustainability Conference, where he led a session on "Engaging Youth to Accelerate the Implementation of the 2030 Agenda," reflecting the institute's commitment to active participation in global sustainability efforts

[Click here to view more](#)

Video

"Quality time means sitting with our children, listening to them, and paying attention to their emotional needs." - Dr. Sharifa Al Emadi



Spotlight

DIFI invites you to shape the discussion on building new frameworks for "Family and Contemporary Megatrends," in Doha, Qatar from October 30-31, 2024.

Register your interest [here](#)