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# PEAK MOMENT

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## NEWSLETTER CONTENT

### MANAGING SOCIAL MEDIA FOR YOUR FAMILY: RULES, BOUNDARIES AND BIG EMOTIONS

Imagine your whānau is navigating social media challenges with confidence and connection.

You're setting boundaries calmly. Tamariki feel heard and supported. Screen time is balanced. Big emotions come and go.

What would that be like for you? Compared with now?

Whether kids are on social media or not, it's a good time to have a gentle conversation about rules and boundaries and what these might look like for your family.

Why? Because research shows that when parents set limits, monitor children's use and reduce their own social media activity, kids are less likely to have problems with social media.

Positive parenting strategies can create a calmer family atmosphere, leading to more fulfilling relationships, and better mental health for everyone.

Read Triple P's latest articles and find out how to [move beyond social media guilt and manage big emotions](#), and how to [set rules and boundaries that work for you](#).

And don't forget to check out their comprehensive [online courses](#).