

Coptic Parent's Digital Calendar

A Seasonal Rhythm for Raising Digitally Safe Kids

The Flood (Inundation)

THOUT TO KOIAHK

Thout

Wisdom & Audit

Sept 11 - Oct 10

Perform a digital audit. Reset passwords and privacy settings.

Paope

Growth & Feed

Oct 11 - Nov 9

Curate what they consume. Subscribe to nourishing content.

Hathor

Digital Love

Nov 10 - Dec 9

Teach digital kindness and anti-bullying values.

Koiahk

The Home Fort

Dec 10 - Jan 8

Strengthen the physical firewall before holiday breaks.

The Vegetation (Sowing)

TOBI TO PAREMOUDE

Tobe

Data Privacy

Jan 9 - Feb 7

Focus on data privacy and location sharing settings.

Meshir

Peer Pressure

Feb 8 - Mar 9

Manage the 'digital whirlwind' of viral trends.

Paremhotep

Attention War

Mar 10 - Apr 8

Establish phone-free 'Sun Zones' outdoors.

Parmoute

Pruning Apps

Apr 9 - May 8

Delete unused or 'dead' apps that aren't fruitful.

The Harvest (Reaping)

PACHONS TO MESORE

Pashons

Sleep Hygiene

May 9 - June 7

Respect the 'Moon'—no devices in bedrooms at night.

Paone

Tool vs Toy

June 8 - July 7

Shift from consumption to creative tech (coding/art).

Epep

Victory

July 8 - Aug 6

Conquer one bad digital habit or addiction together.

Mesore

Yearly Review

Aug 7 - Sept 5

Reflect on growth. What worked? What changes for next year?

The Little Month (Pi Kogi Enavot): Sept 6 - 10

The Digital Sabbath. Five days of total disconnection to reset for the New Year.