

-The New Age Parent-

Managing Screen Time Resources

Resource	Format	Link
Support to set up you Family Media Plan	Website	Set-up you Family Media Plan
Excellent strategies and ideas for managing screen time	Website	Managing Screen Time for 3-11year by Children’s Network
How to find the “good stuff” for pre-schoolers	Website	Good Apps, Games and Movies for Preschoolers
Examples of quality programming/screen content	Website	12 TV Shows that Experts let their children watch
Apps to monitor and control children’s tech access	Apps	Best Parent control Apps
The Unplugged Psychologist, is on the front-line helping parents deal with the dominance of gaming and problematic technology use.	Book	‘The Tech Diet for your Child & Teen’ by Brad Marshall
A tool to assist with capping and transitioning away from screen time.	Purchased Item	Traffic light Timer
A tool to teach online safety	E-book for children	E-Book to teach children about being safe online
Fun AND free mind games to play while waiting or travelling and avoid a screen	Website	20 waiting games for kids