

Parental Guide for Media Well-Being

From phones and tablets to streaming movies and YouTube, tech and media are everywhere. Kids love easy access to shows, games, and information. Parents and caregivers love that kids can learn on the go (and stay busy when dinner's cooking). But it's easy to overdo it when the phone never stops pinging and the next episode plays automatically. Families can keep media and tech use in check by following a few simple practices...

1. Create screen-free times and zones
2. Try parental controls
3. Establish clear family rules
4. Watch and play together
5. Help kids identify healthy behaviors

For more helpful tips and information on keeping you and your family safe online, please visit our website:

<http://iicacoalition.org>

