

Tips for managing your child's media exposure and use.

Certain types of content and levels of media exposure can be harmful to children. It's important for parents and caregivers to understand the content and levels of exposure that are appropriate for a child's developmental age, and to monitor and manage children's media use early in their development to protect them from harmful media and overexposure. These helpful resources can provide guidance.

- Collaborate with older youth to manage media use through a problem-solving approach or a similar method that involves the youth in decision-making. thinkkids.org/learn/our-collaborative-problem-solving-approach
- The American Psychological Association's "Digital Guidelines: Promoting Healthy Technology Use for Children" provides information about the healthy use of media, including recommended time limits. apa.org/helpcenter/digital-guidelines
- The American Academy of Pediatrics has a family media use plan to help families personalize screen time limitations based on the age of children. healthychildren.org/English/family-life/Media/Pages/How-to-Make-a-Family-Media-Use-Plan.aspx
- Common Sense Media offers information about problematic media use and its possible impacts on children's and adolescents' well-being. commonsensemedia.org/research/technology-addiction-concern-controversy-and-finding-balance

DO NOT BUY OR ALLOW CHILDREN TO PLAY OR USE MEDIA WITH VIOLENT CONTENT.

Visit commonsensemedia.org to search the names of games and apps your child may use or view, and for detailed explanations of content and advice for use.

Using Parental Controls

Many companies provide information on their websites about built-in parental control options for their devices.

- **Xbox:** Parents can customize and manage children's access: support xbox.com/en-US/xbox-one/security/core-family-safety-features; howtogeek.com/313299/how-to-set-screen-time-limits-for-kids-on-an-xbox-one.
- **Nintendo:** Parents can control time and content: imore.com/how-set-parental-controls-nintendo-switch.
- **PlayStation:** Parents can restrict use, communication with other players, etc.: support.playstation.com/s/article/PS4-Parental-Controls?language=en_US.

If your family's console is not listed, try an internet search with the name of the gaming system and "parental controls."

MONITORING PHONE APPS:

Note: These are just a few samples, and there are many more apps to consider. Some apps charge a fee. Also, apps change frequently, so check for updated/alternative apps regularly.

- **Circle:** Comprehensive monitoring, tracking and filtering of content on devices that range from general to very specific, such as enabling/disabling certain websites/apps after a certain amount of time.
- **Moment and Moment Family:** Track usage and allow you to set time limits, as well as turn off devices with "Family Dinner Time" mode.
- **My Mobile Watchdog:** Gives a range of parental control features, including logs of all activity on devices, contents of text messages and photos sent/received. Parents can shut down a phone during certain hours, view contacts and block contacts.
- **Netsanity:** Allows you to block apps/sites, and add content filters and time restrictions. It also provides the location of the device.

- **OurPact:** Blocks content/apps on your adolescent's phone, uses geolocation to locate and enables you to set a scheduled device time.
- **unGlue:** Sets a schedule for different kinds of media activity (e.g., 30 minutes for social media).

PHONE AND TABLET CONTROLS:

- **How to Kid-Proof Any Phone or Tablet:** popsci.com/how-to-kid-proof-any-phone-or-tablet#page-5

YOUTUBE PARENTAL CONTROLS:

- **Parents' Ultimate Guide to YouTube:** commonsensemedia.org/blog/parents-ultimate-guide-to-youtube
- **How to Set Parental Controls on YouTube:** real.com/resources/youtube-parental-controls

PHONES AND SOCIAL MEDIA:

- **How to Handle the Violent Videos at Your Kid's Fingertips:** commonsensemedia.org/blog/how-to-handle-the-violent-videos-at-your-kids-fingertips
- **American Psychological Association's report on device-checking and stress:** apa.org/news/press/releases/2017/02/checking-devices

Parents who want to restrict media use of youths who play games or use devices online may consider simply turning off Wi-Fi/internet access in their homes at certain times.

CHILD AND ADOLESCENT PSYCHIATRY OUTPATIENT SERVICES

Ruppert Health Center
3125 Transverse Drive
Toledo, OH 43614

INPATIENT SERVICES

Kobacker Center
1400 East Medical Loop
Toledo, OH 43614



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