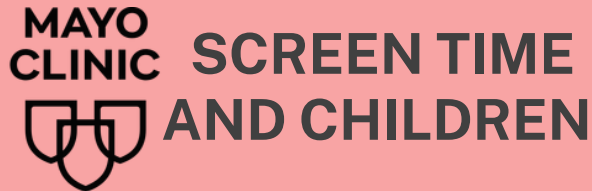


EARLY CHILDHOOD AND SCREEN TIME: A FAMILY GUIDE



Guidance on healthy screen habits and age-based recommendations from the Mayo Clinic.

EARLY CHILDHOOD MEDIA USE GUIDE

Evidence-based recommendations for screen use in infants and young children from Children and Screens Institute of Digital Media and Child Development.



CHILDREN AND WATCHING TV

Information on television, media exposure, and children's mental and emotional health from the American Academy of Child and Adolescent Psychiatry.

common sense media FAMILY MEDIA RESOURCES

Parent-friendly tools, tips, and media reviews to support safe technology use for different age groups.

APPLE SCREEN TIME CONTROLS

Instructions for setting up parental controls and screen time limits on devices.

GOOGLE FAMILY LINK



CREATE A FAMILY MEDIA PLAN

A step-by-step guide to building healthy screen time routines at home from healthychildren.org.



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