

# Screen Time Usage & Parental Control

- iOS
  - [Screen Usage and seeing the usage on child's device](#)
  - [Set up family sharing](#)
  - [Parental Controls](#)
- Mac (with OS - Catalina)
  - [Screen Usage and parental controls](#)
- Android / Chromebook / Chrome Browser
  - Screen usage (a.k.a Digital Wellbeing)
    - [Android](#)
    - [Chromebook](#)
    - [Chrome Browser](#)
  - [Parental Controls](#)
- Laptops
  - [PC, Mac OS \(lower than Catalina\), Linux, Free BSD \(Break times - moments of awareness and reassessment\)](#)
  - [Windows 10 Parental Control](#)
  - Macbook (lower than Catalina) Parental Control
    - Apple menu -> System Preferences -> Parental Controls  
(More details are in Layer 3 and Layer 4 of the [article](#))
  - [Chromebook Parental Control](#)
- [Apple TV](#)
- [Fire TV](#)
- Centralized Parental controls
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# American Academy of Pediatrics

- **Develop a family media plan** that takes into account the health, education and entertainment needs of each child as well as the whole family
  - Prioritize creative, unplugged playtime for infants and toddlers
  - Around 18 months of age, some high-quality programs are ok with cowatching
  - For school-aged children and adolescents, the idea is to balance media use with other healthy behaviors.
    - Place consistent limits on the time, and the types of media, and make sure it does not take the place of adequate sleep, physical activity and other behaviors essential to health.
    - Designate media-free times together, such as dinner or driving, and media-free locations at home, such as bedrooms. These changes encourage more family time, healthier eating habits, and better sleep.
    - Have ongoing communication about online citizenship and safety, including treating others with respect online and offline.
- **Treat media as you would any other environment** in your child's life
  - The same parenting guidelines apply in both real and virtual environments. Know your children's friends, both online and off.
  - Know what platforms, software, and apps your children are using, what sites they are visiting on the web, and what they are doing online.
- **Set limits** and encourage playtime
  - Media use, like all other activities, should have reasonable limits.
  - Unstructured and offline play stimulates creativity.
- **Screen time shouldn't always be alone time**
  - Co-view, co-play and co-engage with your children - it encourages social interactions, bonding, and learning.
  - Play a video game with your kids. It's a good way to demonstrate good sportsmanship and gaming etiquette.
  - Watch a show with them - you will have the opportunity to introduce and share your own life experiences, perspectives, and guidance.
  - Don't just monitor children online, interact with them - you can understand what they are doing and be a part of it.
- **Be a good role model**
  - Teach and model kindness and good manners online.
  - Limit your own media use.

- Know the value of **face-to-face communication**
  - Conversations can be face-to-face or, if necessary, by video chat with a traveling parent or far-away grandparent. Research has shown that it's that "back-and-forth conversation" that improves language skills—much more so than "passive" listening or one-way interaction with a screen.
- **Don't use technology as an emotional pacifier**
  - Children need to be taught how to identify and handle strong emotions, come up with activities to manage boredom, or calm down through breathing, talking about ways to solve the problem, and finding other strategies for channeling emotions.
- Apps for kids – **do your homework**
  - Products pitched as "interactive" should require more than "pushing and swiping." Look to organizations like Common Sense Media ([www.commonsensemedia.org](http://www.commonsensemedia.org)) for reviews about age appropriate apps, games and programs to guide you in making the best choices for your children.
- **It's OK for your teen to be online**
  - Online relationships are part of typical adolescent development. Social media can support teens as they explore and discover more about themselves and their place in the grown-up world.
- Warn children about the **importance of privacy**
  - Teens need to know that once content is shared with others, they will not be able to delete or remove it completely, and includes texting of inappropriate pictures. They may also not know about or choose not to use privacy settings, and they need to be warned that sex offenders often use social networking, chat rooms, e-mail, and online gaming to contact and exploit children.
- **Remember: Kids will be kids**
  - Kids will make mistakes using the media. Try to handle errors with empathy and turn a mistake into a teachable moment. But some indiscretions, such as cyberbullying, or posting self-harm images, may be a red flag that hints at trouble ahead. Parents must observe carefully their children's behaviors and, if needed, enlist supportive professional help, including the family pediatrician.

# American Psychological Association

- **Don't overreact**

- Technology is an important part of our modern world.
- It won't help your child if you set overly restrictive limits or send the message that technology is something to fear.
- Focus on teaching healthy habits that will stay with your child for a lifetime.

- **Teach kids about technology** from a young age

- Explain that tablets, computers and other media devices are not toys, and should be handled with care.
- Discuss with kids the many benefits of technology as well as the risks.
- Discuss the importance of respecting privacy and protecting personal information in age-appropriate ways.
- These conversations should be ongoing, and should become more detailed as your children get older.

- **Use your judgment**

- **Consider the context** Video chatting with grandparents is different from playing a video game, for example.

- If your son is doing research for a school paper, that computer time shouldn't necessarily count as his only screen time for the day.

- **Protect bedtime**

- Studies show that using digital media at night can interfere with sleep quality.
- Consider restricting the use of phones, tablets and computers for at least 30 minutes before bed.
- Think twice about letting your child use those devices in his or her bedroom after lights out.

- **Pay attention**

- Have open, honest discussions about what sites and type of content are off-limits.
- Do your research to understand the media your child is using, and check out your child's browser history to see what sites they visit.
- Explore software to filter or restrict access to content that's off-limits.

- **Teach good online behavior**
  - People often say things online that they'd never say to someone's face.
  - Talk to you children about the importance of being respectful in their digital interactions.
  - Encourage them to come to you if they witness cyberbullying or other troubling information online.
- **Discuss digital decision-making**
  - Have conversations with your child about how to evaluate authenticity and accuracy online.
  - Explain why they shouldn't download unfamiliar programs, click on suspicious links or share personal information on unknown apps or websites.
  - Teach your children not to respond to unsolicited messages from strangers — and to tell you if they get them.
- **Foster real-life friendships**
  - Help your child develop social skills and nurture his or her real-life relationships.
- **Constantly Learn more**
  - Technology changes quickly, and it can be hard to stay on top of all the apps and sites your children use. To keep tabs on the changing tech landscape, visit the Family Online Safety Institute and Common Sense Media.