**Resources for Parenting in the Digital Age**

**Guidance for Parents**

[ParentGuidance.org](https://parentguidance.org/) https://parentguidance.org

A parenting website sponsored by the Cook Center for Human Connection.

Many good parenting modules are available for parents to view with a free account.  There is also an ask a therapist function that is free. Parent coaching is available for a fee. This is one module that talks about parenting and digital media: [How Digital Media is Changing our Children’s Mental Health](https://parentguidance.org/courses/media-changing-mental-health/) https://parentguidance.org/courses/media-changing-mental-health/

[Digital Response-Ability Parenting Resources](https://respons-ability.net/digital-parenting-resources/)  https://respons-ability.net/digital-parenting-resources/

Videos about the *Three M’s of Digital Parenting* and many other articles with information and resources to help parents support their children in navigating the digital world.

[Common Sense Media](https://www.commonsense.org/)  https://www.commonsense.rg

Information about the latest technology and trends, Pre-recorded Parent Presentations, Family Engagement Toolkit, Digital Citizenship Resources, Family Tech Programs, Virtual Workshops for Families,

[Social Media Design: Four Things Parents Need to Know](https://www.healthychildren.org/English/family-life/Media/Pages/social-media-design-4-things-parents-should-know.aspx)  https//ww.healthychildren.org/english/family-life/media/pages/social-media-design-4-things-parents-should-know.aspx

Article talking about ways social media can impact children with these links to this helpful information:

* [5 Unhealthy Ways Digital Ads May Be Targeting Your Child](https://www.healthychildren.org/English/family-life/Media/Pages/5-Unhealthy-Ways-Digital-Ads-May-Be-Targeting-Your-Child.aspx)
* [Social Media & Your Child's Mental Health: What the Research Says](https://www.healthychildren.org/English/family-life/Media/Pages/social-media-and-your-childs-mental-health-what-research-says.aspx)
* [Cyberbullying: What Parents Need to Know](https://www.healthychildren.org/English/family-life/Media/Pages/Cyberbullying.aspx)
* [Constantly Connected: How Media Use Can Affect Your Child](https://www.healthychildren.org/English/family-life/Media/Pages/Adverse-Effects-of-Television-Commercials.aspx)
* [Your Child's First Phone: Are They Ready?](https://www.healthychildren.org/English/family-life/Media/Pages/Cell-Phones-Whats-the-Right-Age-to-Start.aspx)

 **Parent Controls**

[Set up Screen Time for a family member on iPhone](https://support.apple.com/guide/iphone/set-up-screen-time-for-a-family-member-iph7f15d92dd/ios) https://support.apple.com/guide/iphone/set-up-screen-time-for-a-family-member-iph7f15d92dd/ios

This is a helpful user guide from Apple about how to set up:

* Screen time limits
* Scheduled downtime
* Block inappropriate content
* App Controls (decide what apps they can download and time limits within apps)
* Communication Restrictions
* Privacy Restrictions

If you go through the guide and still need help, you can set up an appointment with a genius at the Apple store or get live chat assistance at [Get Support](https://getsupport.apple.com/) https://getsupport.apple.com/

If you have an Android phone, you can use this free service: [Family Link by Google](https://guidebooks.google.com/family-link) https://guidebooks.google.com/family-link

 [A Guide to Parental Controls on social media for Snapchat, Tik Tok, Instagram, Discord and Facebook.](https://www.cnn.com/2022/11/13/tech/social-media-guide-for-parents-ctrp/index.html) https://www.cnn.com/2022/11/13/tech/social-media-guide-for-parents-ctrp/index.html

**Child Specific Apps**

[Social Networks Made for Children](https://www.internetmatters.org/resources/social-media-networks-made-for-kids/) https://internetmatters.org/resources/social-media-networks-made-for-kids/

[Parent’s Ultimate Guide to Tik Tok](https://www.commonsensemedia.org/articles/parents-ultimate-guide-to-tiktok#:~:text=A%20section%20of%20the%20app,or%20post%20their%20own%20videos.) https://commonsensemedia.org/articles/parents-ultimate-guide-to-tiktok#:~:text=A%20section%20of%20the%20app,or%20post%20their%20own%20videos.

[Kids YouTube](https://www.youtubekids.com/)  https://www.kidsyoutube.com/

[Social Networks Made for Children](https://www.internetmatters.org/resources/social-media-networks-made-for-kids/) https:// internetmatters.org/resources/social-media-networks-made-for-kids/

**Family Media Plan**

[American Academy of Pediatrics Family Media Plan](https://www.healthychildren.org/english/fmp/pages/mediaplan.aspx)

https://www.healthychildren.org/english/fmp/pages/mediaplan.aspx