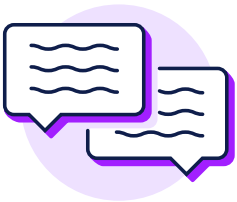


# KIDS AND TECH: A CHEAT SHEET FOR PARENTS



Kids and technology – the two seem to go hand in hand these days, and learning how to navigate them has become a new rite of passage for families. From choosing their first devices to securing their online accounts, here's how to help keep them safe online and in real life when they use technology.



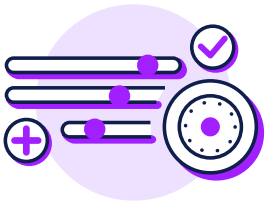
## Talk Openly and Honestly

Make sure your kids feel comfortable talking to you about any subject so they can come to you if they need help — no matter the topic.



## Find the Right Device

When picking your kid's first phone, factor details such as **cost, functionality, and safety** into your decision.



## Use Parental Controls

Apps, games, and devices often have built-in safeguards to help keep kids safe. Visit **barkomatic.com** to get detailed instructions for many of them.



## Add a Monitoring Service

Get alerts instead of reading every message, scrolling through feeds, or watching every video your kid encounters.



## Create a Tech Contract

Lay down ground rules like when your kids can use their device, what apps they can download, and what happens if they break the rules.



## Learn From Other Parents

Join **Parenting in a Tech World**, our Facebook group of 37,000+ parents, to get the scoop on cool apps, the latest trends, and all things tech-related.

# SCREEN TIME CHEAT SHEET

## Changes in screen use



- Between 2001 and 2016, computer use increased by 21% among Americans
- Amid the coronavirus pandemic, screen use increased by up to 60%

## Daily totals



- Kids ages 8-12 spend 4-6 hours using screens daily
- Teenagers spend up to 9 hours on screens daily

### DID YOU KNOW?

Turning off screens an hour before bedtime can improve sleep quality

## Daily guidelines by age



- 0-1 years: no screen time
- 1-2 years: 1 hour or less
- 3-4 years: 1 hour or less
- 5-18 years: 2 hours or less

## Screen time dangers

### DID YOU KNOW?

Excessive screen time has been linked to increased rates of myopia (nearsightedness) in children.

- Behavior issues
- Shoulder pain
- Eye strain
- Headaches
- Academic struggles



## Wean them off the screen



- Do arts and crafts
- Read a book
- Go for a bike ride
- Play sports and games outside
- Use parental controls and monitoring if needed

## Make it educational



- Audible (audiobooks & podcasts)
- Libby (audio & ebooks)
- Duolingo
- ABCMouse.com
- Khan Academy (free educational programs)

### DID YOU KNOW?

Spending more time outdoors may help reduce your child's risk of myopia

# Monitor phones, tablets and computers



## Limit screen time on Apple iOS device

**Screen Time:** a feature that monitors and allows limits on the amount of time spent on apps. It offers a weekly report of screen time activity. (Settings > Screen Time).

**Parental Control:** a feature within Screen Time that allows parents to set limits on individual apps like Snapchat, TikTok and YouTube. (Settings > Screen Time > Content & privacy restrictions).

**Downtime:** a feature within Screen Time that lets you carve out specific times to turn off screen-heavy apps. You can leave educational apps like Audible turned on. (Settings > Screen Time > Downtime).

## Limit screen time on Android



**Digital Wellbeing:** an app that offers "Family Link," which helps manage apps and app purchases. (Settings > Digital Wellbeing & parental controls — or simply open the Digital Wellbeing app).

Use **Family Link** to limit screen time, set a "bedtime" for the device and even turn your child's phone off remotely.



## Parental control software

**Qustodio and Kaspersky Safe Kids** are some of the highest-rated third-party apps for monitoring and managing your child's screen time, via PCMag.

## Set limits directly in programs



**YouTube:** Built-in parental controls on YouTube Kids help set limits on content and screen time.

**Xbox One:** Access your settings on the console or Microsoft to put a timer on your child's screen time. The countdown starts as soon as your child logs in.

Browse through the **settings** of other apps and programs your child uses for more parental control options.



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