Digital Technology Resources for Families: Where to Find More Information

Using digital technology at home can be a tricky issue for families to navigate. Conflicting information and concerns about child development can lead to many questions, such as How much screen time is too much? How do I know if an app is appropriate?

Below, we have provided some links to reputable websites that can help you answer these questions and more!

American Academy of Pediatrics

- **Templates for creating Family Media Plans and Media Time Calculator, can be individualized to suit individual contexts**

https://www.healthychildren.org/English/media/Pages/default.aspx#home

- **Opinion piece regarding screen time rules and the lack of evidence based research in this area. (October, 2016)**

http://blogs.lse.ac.uk/parenting4digitalfuture/2016/10/21/new-screen-time-rules-from-the-american-academy-of-pediatrics/

- **Managing kids media use - Tips for families: Addresses issue of managing the many small screens/devices that are now present in many families, rather than the singular tv/computer screen of recent past. (March, 2015)**

http://blogs.lse.ac.uk/parenting4digitalfuture/2015/03/18/playing-games-together-or-hiding-the-tablet-in-the-cupboard-what-works-when-managing-kids-media-use/

Canadian Pediatric Society

- **How to determine limits for children's screen time and tips for helping children develop healthy electronic media habits. (June, 2007)**

http://www.caringforkids.cps.ca/handouts/limiting_screen_time_at_home

Canadian Physical Activity Guidelines

- **A tip sheet regarding the physical activity levels of young children.**
- http://www.csep.ca/CMFiles/Guidelines/CSEP_PAGuidelines_early-years_en.pdf
- **Guidebook regarding the physical activity levels of children and their families. Includes suggestions for activities and tracking logs to help you organize your time and attain your physical activity goals. (2012)**

**© 2012 Canadian Society for Exercise Physiology. All rights reserved. With the exception of the blank logs, no part of this document may be reproduced or transmitted in any form or by any means, electronic, mechanical, photo-copying, recording, or otherwise, without prior written

permission of the Canadian Society for Exercise Physiology. www.csep.ca/guidelines ISBN 978-1-896900-30-8http://www.csep.ca/cmfiles/guidelines/csep_guidelines_handbook.pdf

Encyclopedia on Early Child Development

- **Provides a brief overview on the risks and benefits of using digital technologies with very young children. From the main page, there are subheadings which link to a variety of different types of resources, for both educators and parents. (November, 2016)**

http://www.child-encyclopedia.com/technology-early-childhood-education/introduction

- **Information Sheet that provides a brief overview of research regarding technology use with young children. Additionally, there are strategies to positively support children's use of digital medias. (November, 2016)**

http://www.child-encyclopedia.com/technology-early-childhood-education/resources

- **Links to app reviews and blogs on using technology with young children; research on digital media use; links to organizations that have a focus on digital technology and children; and resources for librarians and educators.**

http://www.child-encyclopedia.com/resources-technology-early-childhood-education

Media Smarts

- **Media Smarts is Canada's centre for digital and media literacy. From the main page, there are subheadings which link to a variety of topics related to digital media issues.**

http://mediasmarts.ca

- **Links to blogs; tip sheets; guides and videos designed to help parents navigate conversations about digital media use with children of all ages.**
- http://mediasmarts.ca/parents

This project is funded by the Social Sciences and Humanities Research Council