

# Setting rules involving screen time



With the world going virtual during the pandemic, there's no escaping smartphones, tablets, computers and other devices. That's why it's so important to help your children develop healthy habits when it comes to using technology. Whether it's keeping screen time under control or setting limits on social media, the **EveryParent app** and **EveryParentPBC.org** website are your local, trusted resources for expert advice on all things tech and kids. Hear from local and national experts with helpful tips like creating a family media plan, right-sizing tech for your child, the importance of "unplugging" your family and more.

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## **Expert advice: How to address a child's screen addiction**



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