



## SOCIAL EMOTIONAL DEVELOPMENT AND TECHNOLOGY (SET) PROGRAM

# Parent Resources

American Academy of Pediatrics [Family Media Plan](#)

Boston Children's Hospital [Teens, social distancing, and anxiety in the time of COVID-19](#)

Center for Humane Technology [Digital Well-Being Guidelines for Parents During the COVID-19 Pandemic](#)

Center on Media and Child Health [Tip Sheet](#) Preschoolers Ages 3-5

Center on Media and Child Health [Tips Sheet](#) School Ages Children 6-10

Center on Media and Child Health [Tips Sheet](#) Tweens Ages 11-13

Child Mind Institute [Healthy Limits on Video Games](#)

Child Mind Institute [Screen Time During the Coronavirus Crisis](#)

Common Sense Media [Screen Time in the Age of Coronavirus](#)

Mediatrics [How do I help my family balance media-use healthfully in lockdown?](#)

Psychology Today [Screen Time vs. Screen Use](#)

Raising Digital Natives [Blog](#)

Screenagers Tech Talk Tuesday [Blog](#)