

Family media plans

One key way families can manage media use, and work towards a 'healthy media diet', is to sit down and plan family media use together. This is recommended by the American Academy of Pediatrics (AAP) and many professionals who specialise in children's management of technology.

The site that has been created just for this purpose is by [healthychildren.org](https://www.healthychildren.org), and was put together in one with an AAP call for a new, family-based approach to managing media. The website can be found here:

<https://www.healthychildren.org/English/media/Pages/default.aspx>

healthychildren.org note that:

“Media should work for you & work within your family values & parenting style. When media is used thoughtfully & appropriately, media can enhance daily life. But when used inappropriately or without thought, media can displace many important activities such as face-to-face interaction, family-time, outdoor-play, exercise, unplugged downtime & sleep.

By creating a Personalized Family Media Use Plan, you can be aware of when you are using media to achieve your purpose. This requires parents & users to think about what they want those purposes to be. The tool below will help you to think about media & create goals & rules that are in line with your family's values.”

This is a really helpful resource and can create a really valuable conversation in families about what each family member needs and wants, and about the sorts of compromises that can be made so that family media use patterns can be tailored to suit everyone (as much as possible).