

DIGITAL WELLNESS RESOURCES

PROMOTED BY THE DIGITAL WELLNESS COALITION

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The Digital Wellness Coalition aims to create awareness around issues related to screen time/use, promote mindful use of screens, and provide information and resources to help support parents and caregivers.



COMMONSENSEMEDIA.ORG

Entertainment and technology recommendations for families. An organization that reviews and provides ratings for media and technology with the goal of providing information on their suitability for children

HEALTHYCHILDREN.ORG

Parenting website backed by pediatricians committed to the attainment of optimal physical, mental, and social health and well-being for all infants, children, adolescents, and young adults.
[Click here to create a family media plan.](#)



MEDIASMARTS.CA

Media smarts helps support parents and people who work with children and youth with information, tools, and online resources to help children and youth develop the critical thinking skills they need for interacting with the media they love.