



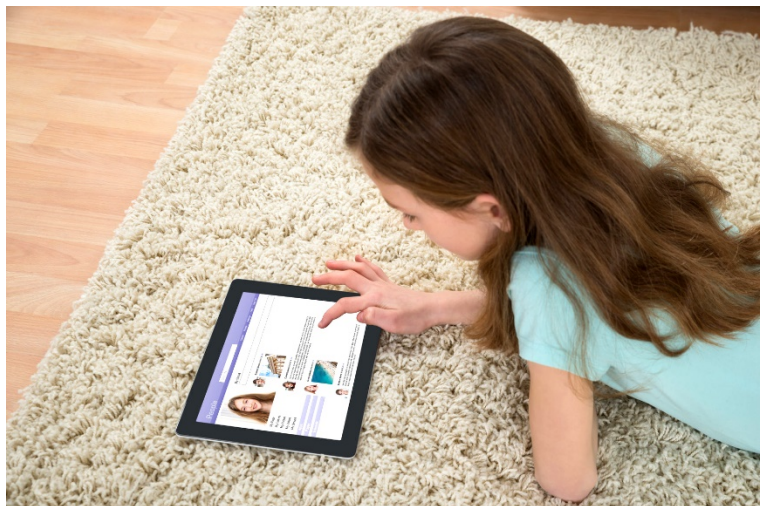
Managing Children's Time Online

by John T. Brentar, Ph.D., Executive Director

Frequently, we are asked by parents about how to limit children's use of technology. They describe children sneaking computer use during early morning hours or facing arguments and tantrums when they are asked to turn off technology. In desperation, parents will turn off Wi-Fi or take the laptop away, only to find that children may be accessing their neighbors' wireless or hiding a second laptop or tablet in their bedroom.

Alternatively, parents are turning to other new technology that help them manage content and time online. Some of our parents have recommended **Circle**, which pairs wirelessly with your home Wi-Fi and allows parents to manage every device on your network. Using the Circle app, families can create unique profiles for each family member (meetcircle.com).

Another version is **SelfControl** (selfcontrolapp.com), a free Mac application that lets parents block access to anything on the internet. Other newer apps include: **Net Nanny** (netnanny.com) or **Qustodio** (qustodio.com).



We do not have the expertise to recommend any specific app, but if you are interested, we encourage you to investigate these options or consult with other parents to determine which one may be the best for your family. Keep in mind that today's youth are incredibly tech savvy and they may find ways to circumvent these monitoring products. As a result, some parents use them primarily to assess their children's computer use and then subsequently develop clear but realistic rules for computer use.