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| **#194: Family Media Plan and Media Time Calculator**Link: [AAP Media Plan (healthychildren.org)](https://www.healthychildren.org/English/media/Pages/default.aspx#home)“Media should work for you and work within your family values and parenting style. When media is used thoughtfully and 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 and 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 and users to think about what they want those purposes to be. The tool below will help you to think about media and create goals and rules that are in line with your family’s values.To make YOUR family’s Media Use Plan, start by entering your family’s information. This information will remain private and confidential.”Have a relaxing long weekend.**Brian Taylor****Assistant Principal, Campus Curriculum Technology Integration** |
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