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Talkin' Tech

with Janell Burley Hofmann

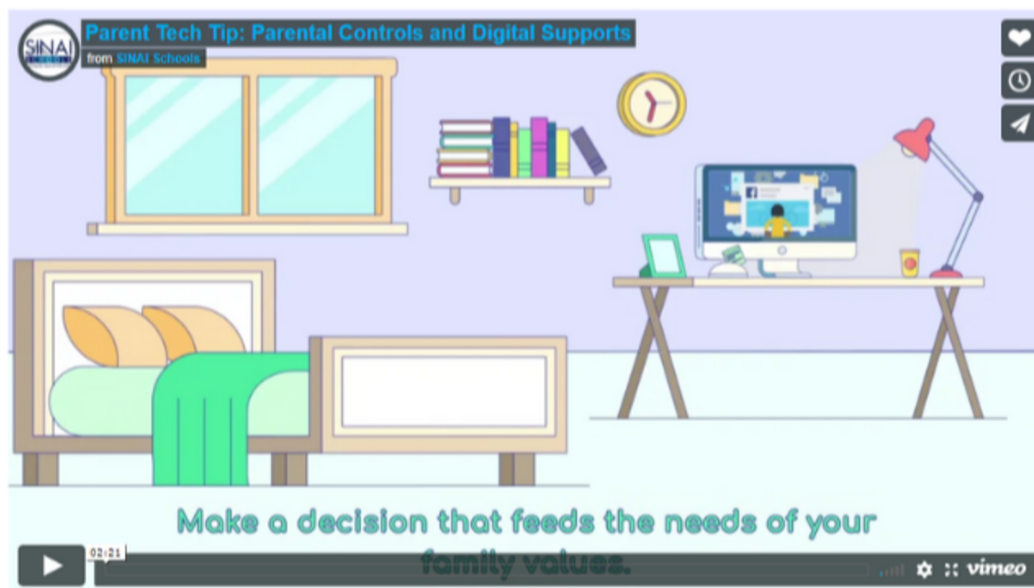
A monthly newsletter for SINAI parents

April 2019

Parent Tech Tip: Parental Controls and Digital Supports

By now we all know that the relationship and connection we build with our children and family is the most important aspect of digital parenting. However, we should use the tools that are available to help our families have health experiences online. This month I'll talk about strategies for getting to know parental controls and how you might like to use them.

Click on the video below to learn more about Parental Controls and Digital Supports. .



There are many parental controls available. Some control the amount of screen time and some can allow you to see every keystroke your child types. getting to know parental controls and how they work is the first step to making a decision about which ones you'd like to use for our family based on the needs of your particular child and family. Parental controls, tracking and monitoring is a personal decision for every family. Getting educated on what exists and how it works is a great step to supporting our tech use.

- Get to know the controls on your devices. Many devices come with built-in controls without having to download or purchase anything new.
- Connect with your internet or phone service providers. They will be able to help you manage the technology in your home with their parental control services.
- Recent updates to devices - like Apple products - have new parental control features. [Check it out here.](#)
- Look at different options for purchasing parental controls like [OurPact](#).

Identify what type of support your child needs:

- Managing the amount of time they spend on their screens?
- Regulating emotions when screen time is over or when transitioning activities?
- Monitoring and blocks of particular online content?
- Age appropriate activities?
- Staying up too late online and not getting enough sleep?
- Encouraging other healthy activities besides screen time?

Who is Janell?



Janell Burley Hofmann is an international author, speaker and consultant on digital health and well-being. Janell works with youth, educators, families, communities and organizations finding solutions and best practices for living tech-healthy lives. She is also a mother of five children ages 11, 12, 14, 16, and 19. Additionally she has a Bachelor's Degree in Communications and Media Studies and a Master's Degree in Critical and Creative Thinking. This is the second year Janell has partnered with SINAI Schools. For more information on Janell visit www.janellburleyhofmann.com.

What's New? Learn, Read & Connect!

- **Support:** Did you know Common Sense Media can help you better understand your child's specific media consumption including games, social media, internet use, movies, streaming programs and even books? [This](#) is a great FREE resource for families.
- **Engage:** Want to make your own FREE tech contract? [Click here](#) to check out this feature made by Janell Burley Hofmann and VISR.
- **Read:** Here are some great features on parental controls to help you get started. It's probably more than you ever wanted to know!

- [Parents' Ultimate Guide to Parental Controls](#)
- [Screentime Management Apps](#)
- [The Best Parental Control Software for 2019](#)

Do you have a tech & family question? Email Janell at JBH@JBHwrites.com. Janell will (confidentially) answer one question each month in the newsletter.



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