

## RESOURCES FOR MANAGING CHILDREN'S MEDIA EXPOSURE

[www.aap.org](http://www.aap.org) Web site of the American Academy of Pediatrics. Offers guidelines on appropriate media for children. Select "Children's Health Topics," such as "Internet/Media Use."

[www.apa.org](http://www.apa.org) Web site of the American Psychological Association. Select "Kids and the Media" for information on effects of television and media on children.

[www.cmch](http://www.cmch) Web site of the Center on Media and Child Health that contains useful suggestions and tips for parents to manage children's media exposure.

[www.common sense media.org](http://www.common sense media.org) One stop web site for reviews and ratings of movies, television and video games for content and age-appropriateness.

[www.controlyourtiv.org](http://www.controlyourtiv.org) Web site of The National Cable and Telecommunications Association. Offers personalized instructions on how to configure parental controls on TV and Cable equipment.

[www.esrb.org/ratings](http://www.esrb.org/ratings) Videogame rating system of the Entertainment Software Rating Board.

[www.kff.org](http://www.kff.org) Web site of the Kaiser Family Foundation, dedicated to providing information on health care issues to professionals and the general public. See article entitled "The Effects of Electronic Media on Children Ages Zero to Six: A History of Research."

[www.kid-in-mind.com](http://www.kid-in-mind.com) Detailed movie ratings in three content areas: violence/gore, profanity, sex/nudity

[www.mpa.org](http://www.mpa.org) Movie rating system by the Motion Picture Association of America.

[www.tvguidelines.org](http://www.tvguidelines.org) Television program rating system by the TV Parental Guidelines Monitoring Board. Free download of brochure, "Navigating Your Way through the TV Parental Guidelines and V-Chip."