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### ONLINE RESOURCES

**Common Sense Media is a great resource if you want your teen to find more healthy ways to engage with screens but have questions about the appropriateness of certain smartphone applications.**

*[www.commonsense.org/education/lists/best-nutrition-health-and-fitness-apps-for-kids](http://www.commonsense.org/education/lists/best-nutrition-health-and-fitness-apps-for-kids)*

**The Child Mind Institute offers a great primer on CBT-I if your child is struggling with sleep and you want to know more.**

*[www.childmind.org/article/how-to-help-kids-sleep](http://www.childmind.org/article/how-to-help-kids-sleep)*

**The American Academy of Pediatrics' has created a tool to guide you through building an individual or family media plan, and the interface is super user-friendly. However, keep in mind that it's more of a traditional media plan, without as much focus on high-risk media use.**

*[www.healthychildren.org/English/fmp](http://www.healthychildren.org/English/fmp)*