

The Florida Chapter of the American Academy of Pediatrics (FCAAP) has FREE resources for parents and caregivers to help keep your child happy, safe, and healthy.

LEARN MORE AT [FCAAP.ORG/PARENTS](https://www.fcaap.org/parents)

FCAAP promotes the health and welfare of Florida's children by providing tools and resources for caregivers and support for pediatricians to ensure all children have the opportunity to achieve their highest potential.

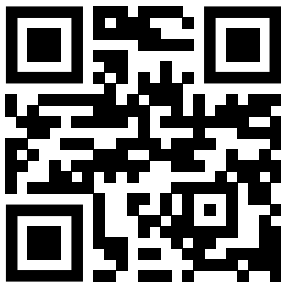


HEALTHY DIGITAL HABITS RESOURCES

Scan the QR codes below for free resources to help you implement healthy digital habits in your family.



[AAP Family Media Plan](#)



[AT&T ScreenReady Quiz](#)



[The AAP Center of Excellence on Social Media and Youth Mental Health](#)

WHAT CAN YOU DO?



Make a Plan



Talk Frequently



Watch Together



Learn About Parental Controls



Be a Good Digital Role Model

Supported by:

