

Books for Parents:

- The Tech-Wise Family by Andy Crouch
- The Tech Exit by Clare Morell
- The Wisdom Pyramid by Brett McCracken

Books to read with your Kids:

- Good pictures Bad Pictures Jr: A Simple Plan to Protect Young Minds
by Kristen A. Jenson (for children 3-6)
- Good pictures Bad Pictures: Porn-Proofing Today's Young Kids
by Kristen A. Jenson (for children 7-12)
- Polly and the Screen Time Overload
by Betsy Childs Howard, Samara Hardy (for children ages 4-8)
- God's Design for Sex Series, 4 books: Revised and Updated
by Stan Jones, Brenna Jones

Media-Free Phone Options:

- Lots of good options for Flip phones
- Bark Phone
- Gabb Phone or watch
- Troomi Phone or watch
- Apple watch
- Pinwheel Kids phone
- Light Phone
- Wisephone