AutismONTARIO

Resource List

Signature Series Interview: Setting Healthy Screen Time Boundaries for Neurodivergent Kids & Teens with Katy Albert. Click here to watch on demand.

Tools to Support Setting Boundaries

- Rogers Screen Break Program – Resources and templates to help families develop healthier digital habits.
- See the "Guidance to Parental Controls Across Devices and Platforms" at the bottom of this page for information on how to create safer, age-appropriate digital experiences while supporting healthy screen time habits.

Try Tonight! Productive Screen Time & Meaningful Alternative Activities

Screens often meet needs like comfort, stimulation, or regulation. This section is designed to help you explore intentional screen time and discover alternative activities that support sensory needs, emotional regulation, and connection. Use this as a starting point to try ideas and see what works.

Start here to discover sensory-based alternatives to screen time:

- Step 1: Understanding a Person's Sensory Profile.
- Step 2: Using the BEST Approach at Home.
- Step 3: Creating a Sensory Diet at Home.
    - Note: These resources accompany the Sensory Strategies that Support Participation in Daily Routines at Home episode with Moira Peña.

Additional engagement opportunities:

- Autism Ontario Recreational Events
- Getting Started with Ready, Set, Learn!, Interactive Toolkit.
- Guided Meditation for Parents & Caregivers, YouTube Playlist.
- Let's Talk About Autism: Caregiver's Guide to Books for Children, Youth, and Young Adults.
- Sensory-Friendly Holiday Activities for Autistic Kids, YouTube Playlist.
- Welcome to Kindergarten, Interactive toolkit.

Autism Ontario Resources

These resources provide knowledge and evidence-informed strategies to support informed decision-making when setting boundaries at home.

- Acceptance and Commitment Therapy (ACT), Intervention Fact Sheet.
- Executive Functioning: An Overview, Guidebook.
- Finding Balance: Navigating the Tension Between Intervention and Neurodiversity with Katy Albert, featuring Jane Vincent.
- Healthy Coping for Caregivers Using Acceptance & Commitment Therapy Strategies with Katy Albert.
- Is E-Learning Effective for Autistic Secondary Students?, Infographic.
- Supporting Emotional Regulation through Neuro- affirming Care with Kathleen Patterson.
- Visit our events page to find upcoming information sessions and workshops.

Learn by Topic – Explore Autism Ontario's Resource Collections

These curated collections allow you to go deeper into topics that are most relevant to you.

- Mind Matters: Supporting Mental Health
- Navigating a New Diagnosis
- School and Special Education

Visit Autism Ontario's Learning Resources & YouTube Channel for more family-friendly information.

See all upcoming & on demand Signature Series episodes here.

Additional Resources on Acceptance and Commitment Therapy (ACT)

This episode is grounded in Acceptance and Commitment Therapy (ACT). These resources help you deepen your understanding and apply ACT strategies to parenting, boundaries, and emotional regulation.

- ACT for Caregivers, Website.
- ACT Made Simple: The Extra Bits, Dr. Russ Harris.
- The Complete Set of Client Handouts and Worksheets from ACT books, Dr. Russ Harris.
- The Happiness Trap, Free resources by Dr. Russ Harris.

Guidance to Parental Controls Across Devices and Platforms

Resources, tools and step-by-step guidance for setting parental controls across devices, apps, social media and gaming platforms to help families create safer, age-appropriate digital experiences while supporting healthy screen time habits.

Internet & Web Platforms

Amazon
- How to set up on Amazon (Amazon Kids)
- How to set up on Fire Tablet
- How to set up on Prime Video

Android
- Built-in Android Controls
- How to set up on Android devices via Google Family Link

Apple
- Apple Families
- How to set up on Apple devices

Google
- Google Families
- Google Family Link

Microsoft
- Microsoft Family Safety

Router & Internet Provider Controls
- Contact your provider to see what control settings they offer.

YouTube
- Age-Appropriate Media for Kids and Teens
- Resources, tools and control settings for parents
- How to set up on YouTube

Social Media

Facebook & Instagram (Meta)
- Meta Family Center
- Meta Family Centre Resource Hub

Reddit
- Is Reddit Safe for Kids?

Snapchat
- Snapchat Family Center

TikTok
- Guardians Guide
- Safety on TikTok

X (formerly known as Twitter)
- Information for Parents and Minor Users

Video Games

Gaming consoles and other platforms provided by the ESRB (Entertainment Software Rating Board):
- Family Gaming Guide
- How to set up parental controls for video games by console

Discord - *A social platform for video games.*
- Discord Family Center

Epic Games (i.e., Fortnite)
- Parental Controls

Roblox
- Parental Controls

Additional Tools to Support Focus & Reduce Distractions

- Brick (device) – physically blocks access to distracting apps
- Freedom (app & website blocker) – restricts access across devices

Online Safety & Digital Media Guidelines

- Centre for Digital Media Literacy – Media Smarts
- Government of Canada – GetCyberSafe.ca
- ProtectKidsOnline.ca | cybertip.ca
- Royal Canadian Mounted Police (RCMP)
  - Internet safety tips for teens
  - Interactive learning tools and lesson plans for grades 6 to 8 students
- Toronto Police Service – Social media tips for parents

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