



THE MUST-HAVE APPS EVERY FAMILY NEEDS IN ORDER TO DISCONNECT FROM TECH WHILE STAYING CONNECTED TO EACH OTHER

Family cyber security expert, Sharon Vinderine shares her tried and true suggestions that keep families safe and in sync

Tuesday, October 1st, 2019 TORONTO, ON -- It's time to give your family a break! A break from the constant bombardment of emails, notifications, updates, snaps, and gifs. Our lives have become proliferated by technology, and as adults and parents, we're just as guilty as our kids for tethering ourselves to our tablets, laptops, gaming systems, and phones. We might not think we're addicted, but we are - and so are our children. Our brains need a break.

Sharon Vinderine, family cyber security expert and founder of Parent Tested Parent Approved (PTPA Media Inc.) says there's a lack of real connection with today's families. "We've become so conditioned to reacting to all of the notifications we get – no matter what chime or ping comes our way – that we subconsciously check our phones at least every half hour, if not more. We might be looking at the person across from us at the dinner table, and we might even be hearing the words they're saying, but the moment that phone dings, they've lost us - and we would do anything and everything to check to see what that notification has brought our way."

Sharon also says we - but especially our kids - have a false sense of security when it comes to going online. "Children and teens are highly influenced by what they see on the internet, and extremely naïve to the countless cyber scams and dangerous people they might encounter there. Living in an age of instant information and gratification, it's too easy for kids to swipe or click their way onto a page or profile they shouldn't be seeing."

While using technology to break the cycle of being out of touch with each other might sound ironic, Sharon says there are several must-have apps that can actually help you disconnect in order to spend quality time, and keep your loved ones safe.

#1 [Family Time](#)

With this one app, you can set reminders for homework, housework, family time and bedtime, and add time limits for screen time. Monitor what apps the kids are using and how long they're using them, as

well as restrict certain apps and filter out inappropriate website content. You can even use this app to turn the WiFi off completely at certain times of the day! This means zero distractions and no excuse not to enjoy time together.

#2 [Circle](#)

One of your kids might be using their laptop for homework while the other is spending far too much time on SnapChat. Decide how much time you are ok with each family member spending on certain devices and apps, and set those limits. [Circle](#) can actually connect with your Wi-fi router to manage all the devices connected to your network, allowing you to decide who can be on what device and for how long.

#3 [Life 360](#)

This app helps to keep track of where all of your loved ones are. This is especially helpful with older children - the app can alert you when they've left the GEO fence you've set up, and can also monitor in-car usage and send you driving reports.

For Sharon's blog with the full list of must-have apps or to speak directly with Sharon, please contact:

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About Sharon Vinderine

When Sharon Vinderine launched her first new baby product, she found that there was nothing stronger than word of mouth when it came to marketing to parents. Leveraging that experience, she founded PTPA Media - *Parent Tested Parent Approved* and its coveted *PTPA Seal of Approval*.

Sharon is an in-demand parenting, gift guide and household product expert and has been featured on top-rated programs across North America, including *Breakfast Television*, *The Rachael Ray Show*, *The Steve Harvey Show*, *Extra!* and *HLN*. She has been profiled in *Entrepreneur*, *The Financial Post*, *Globe and Mail* and *The Toronto Star*, to name a few. As a former hi-tech entrepreneur, she is incredibly passionate about internet safety and keeping our families secure from online predators and often provides commentary on family cybersecurity, best apps for families and screen time management. For more information, visit <https://sharonvinderine.com>

About PTPA Media Inc.

[PTPA Media](#) operates North America's largest volunteer parent testing community, with over 150,000 parent participants. PTPA's *Winner's Circle Seal of Approval* ranks as one of the Top 3 most recognized and reputable seals in North America according to Research Now. PTPA Media certifies innovative

products that families can trust through direct user feedback from parent testers. Using reviews, surveys and online forums, PTPA Media's engaged community of moms and dads provides authentic, real-time feedback on everyday products that families use, as well as hot topics that families care about. By connecting manufacturers with consumers, PTPA Media assists companies to serve their markets better, and helps families to identify products that have been tested and recommended by their peers. For more information, visit <http://www.ptpamedia.com>.