An app created for you as a parent. So that you can better understand how media influences your child.

TWOACT Children and media, an app professionally developed together with qualified partners.

Many parents are worried about their children’s computer time. Often this results in conflicts within the family and concern of how the future will be for the children. Too much time in front of a “screen” creates a lack of development in different areas. Social, physical and empathetic behaviors can be undeveloped, resulting in major consequences later on for the child.

The app Children & Media is designed as a parental guide and available in five languages. With more understanding of cause and effect, families can work toward better relations.

The app Children & Media provides information of why children and young people increasingly want to sit by a computer, tablet or mobile phone. This app helps you how you as an adult can help the child and you to a better relationship at home. With the ten steps program you can make a change and with the diary it is easy to follow your progress on the way.

All the advice & tips are packed with useful information on how you as a family can work together to break and change the amount of screen time, to have more quality time together for other things than spending most of the time in front of a screen.

There is a real need of a product like this from TWOACT. We are that support, TWOACT Children and media is a “help to self-help”. Our products are all based upon the well-known and proven methodology Cognitive Behavioral Therapy.

We offer a tool which you carry along with you everywhere you are. We are the supporting friend tagging along side helping you out. All you need is a smart-phone to get started. Acknowledge, identify and monitor your family’s behavior to able to make a change.

Get the App here: App Store – Google Play

We are TWOACT, here to help people take charge of their situation. Our two step solution is easy. First you screen your situation and secondly you act upon the result showed. It’s that simple.

For more information, you’re welcome to contact Jonas Svensson, CEO. @, jonas@twoact.com or ph. +46 (0)702-632 447,

About TWOACT
TWOACT is Swedish company based on the Swedish west coast. Founded by Jonas Svensson, an experienced therapist with almost 20 years of behavior and addiction experience TWOACT is run by a small and dedicated team. TWOACT’s products have all been developed with established and accredited organizations and professionals within each area. “The solution for a conscious change”

www.twoact.com