

SCREENS AND YOUR CHILD: RECOMMENDATIONS FOR AGES 0-2

LIMIT

Kids of this age learn best from real-world experiences, using all of their senses to explore the world. There are no established benefits to screens as this age, aside from video chats with loved ones.

Limit background media as this can distract from play and interfere with child-parent bonding.



AVOID

Avoid portable screens like phones and tablets. Avoid using screens to combat boredom, big feelings, or sleep. Using screens in this manner can hinder the development of emotional self-regulation, and interfere with parent-child bonding.

MODEL

Your screentime matters, too! The ways we use technology as parents predicts how old children will use it. Limit digital distractions as much as you can, especially when with your child.

MODEL Health Tech Use

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