

4 HEALTHY TECH HABITS

YOU CAN USE TECHNOLOGY FOR ENTERTAINMENT AND EDUCATION WITHOUT IT CONTROLLING YOUR HOME OR YOUR CHILD.

- 1 Let your child choose** (TV, computer, tablet, etc.) within your guidelines. Set limits and use a timer. This will help your child AND you!
- 2 Have a digital curfew.** Screen time before bed can prevent children from falling asleep. Avoid screens 30 minutes before bed.
- 3 Use media as a reward.** For example, 30 minutes with books earns 30 minutes with the iPad.
- 4 Offer fun activities that build a healthy brain and body:** coloring, books, playing outside, imaginative play with toys.

“CAN EDUCATIONAL SHOWS AND APPS MAKE MY CHILD SMARTER?”

For infants and toddlers 15 months - 2 years, there's limited evidence that they can learn new words unless parents watch with them, repeating what the show says, and drawing attention to the screen.

For preschoolers age 2-5, children can apply what they learn to the real world, but screen time should still be limited to an hour a day and parents should connect what's on the screen to the real world.

The American Academy of Pediatrics recommends no screen time for babies younger than 18 months, with one exception: live video chat, like playing peek-a-boo on FaceTime with Grandma. For preschoolers age 2-5, one hour a day is enough.

Learn more at SCFirstSteps.org

