



Media Guidelines For Toddlers (Ages 1-4)

Media is everywhere. Here's how to integrate technology into your toddler's life in a healthy way.

How should my toddler be using digital media?

- A.** Babies and young children do not truly understand what they are seeing on a screen, therefore the experience cannot enhance knowledge.

- B.** Limit exposure. Children under **18 months** should not have access to technology; after **18 months** 1 hour per day of high quality programming is ideal. Handheld devices not recommended. No electronics at night.

- C.** **Lead by example:** parents should try to limit tablet/electronic use around young children.

- D.** Parents should not let young children use media alone. Encourage conversation, interactive play, and traditional toys and games.

- E.** Leave tablets at home as much as possible. Alternatively, only use on specified outings, such as going out to dinner, etc.

- F.** Toddlers will be upset when asked to stop using technology- give time warnings to help with the transition when time is up.