

Avoid using screens except for video-chatting until your child is 18 months.



USING SCREENS CAN

- Take valuable time away from babies and children to explore their world in ways that support their development.
- Make it harder for your child to fall sleep and to get enough hours of sleep.

IF YOU HAVE A BABY:

- Watch only family-friendly shows if babies are around because they are very sensitive to your emotions.
- Avoid using screens because babies' brains are not developed enough yet to make sense of screen content.

IF YOU HAVE A CHILD:

- Be aware of your child's feelings and give them comfort when you watch media with them.
- Rely on science-based, educational organizations, like PBS, for reviews on media and screen use.
- Starting healthy media habits now is important. Oversee your child's media use.
- Change to an activity without screens, like dancing, singing, or playing with your toddler.
- Set aside your cell phone and talk, listen, and play with your child to increase the connection between you.

