



Make Good decisions about television and Screen Time for Young Children

American Academy of Pediatrics Recommendation

No television (or screen media such as computer games, videos or DVDs) for children under age 2. For children over age 2, the recommendation is 1 to 2 hours per day.

What you can do:

1. Talk about the program: Ask children what they thought the show was about, who their favorite character was, how it made them feel

2. Answer children's questions: Children may need your help to make sense of what they're seeing on the screen

3. Point out and name things they see on screen: Label new people, places, objects, colors and other new vocabulary words

4. Be active while you watch: Dance to the music, hop around like the frogs on the show etc.

5. Connect what children see on TV to children's "real lives:" Do you remember we watched a show about a garbage truck this morning? Here comes our garbage truck! Do you want to watch it dump out our garbage can?

6. When the show is over, turn off the TV and act it out: Use puppets or props to tell the story or make up your own story to act out together

7. Do not use television shows or videos to comfort children or put them to sleep: This makes it more difficult for them to learn self-regulation skills. Young children need the love, safety and security that comes from routines (story, back rub, song) shared with their parents

