



Technology and Young Children

American Academy of Pediatrics recommends:

0-2 years: Avoid all screen media except video chat

2-5 years: One hour/day

“Technoference” is considered everyday interruptions to parent-child time by mobile technology. Children are exceptionally vulnerable to its effects because they rely on so much social interaction. The more technoference they experience, the more likely they are to misbehave. Reduce technoference in your home by being mindful of mobile use, prioritize uninterrupted parent-child time, and avoid background media.

Guidelines for high quality screen time

- Age appropriate
- Reflects experiences
- Familiar settings and characters
- Strong storylines
- Involves child, helps stay focused

Set aside time daily for independent play! Play relaxes the brain and supports learning and development. Create a space in your home that is 100% safe so your child can direct their own play without your support or instruction.

