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.