



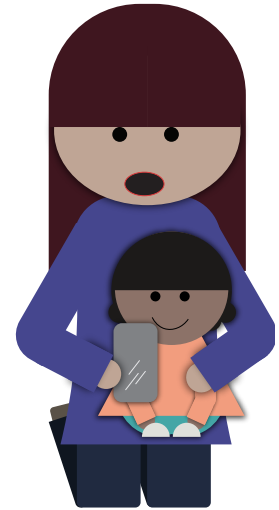
Environment: Technology Tips

Technology is everywhere, but pediatric professionals encourage us to limit screen time for young children. If you have questions about technology and your child, your pediatrician is there to answer your questions. Here are some ideas to help you navigate technology and young children.

If screens are used, use them in a way that **promotes engagement** and communication.

Use screens **together** with children, rather than leave children alone with screens.

Talk about the shows your child watches, or the games they are playing, and use these opportunities to encourage communication.



Only use apps or videos that are **age appropriate**, and use them as learning opportunities – engage with your child, talk about what you see, and ask questions.

Turn off the television, turn music down, and put electronics away during book time and throughout the day. This will help to reduce distraction and help adults and children focus on each other, and on communication.



Use technology such as tablets, phones, computers **infrequently**. When you do use them with young children, do so in ways that encourage interaction and communication between adults and children. Play age-appropriate games with your child and talk about the game as you play together. Look at family pictures and talk about who you see.