

## Avoid using screen-media other than video-chatting under 18 months



### USING SCREENS CAN

- Take valuable time away from infants and toddlers to explore their world in ways that support their development
- Make it harder to fall sleep and to get enough hours of sleep

### BABIES

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

### TODDLERS

- Be aware of toddlers feelings, and give comfort when you watch media with them
- Rely on science-based, educational organizations for reviews on videos, games, and apps for toddlers
- Oversee your toddler's media use
- Shift to an activity without screens when your toddler's attention wanders
- Set aside your cell phone and play with your child to increase the connection between you

