

## Choosing a platform

*Before you press play, make sure your video-watching platform has these features available and turned on when possible:*

- Platform is designed specifically for kids
- Advertisements are not present or allowed
- Influencer content is not present or allowed
- Autoplay is turned off
- Recommendations are turned off or screened by you

## Choosing videos

*The best way to protect your preschooler online is to select the specific videos they can watch and make sure they don't have access to others. Additionally, don't get sucked in by educational claims that say videos will help your child learn.*

*Instead make sure the video:*

- Tells a story; doesn't drill your child on facts, letters, numbers, etc.
- Has a slow pace
- Has characters that are positive role models
- Represents your child and/or celebrates differences
- Provides examples of problem-solving
- Supports creative play and learning away from the screen

*Remember, less tech and more hands-on, active, and creative play is most beneficial to your preschooler. Set time limits, watch together when you can, and make sure your child has lots of time to play, play, play away from the screen throughout the day.*