

IN THE HOME

Screen awareness begins at home...

Set yours up for success!



Location

Infants, toddlers, and preschoolers are drawn to what is directly around them and less attracted to screen technologies when they are out of sight. Similar to managing sweets and treats, removing or covering devices reduces their appeal.

Guidance

Young children are not developmentally ready to understand or manage screen technology. Adult modeling and guidance directly impacts how children understand and use screens.^{1,2}



Engagement

Research shows that outcomes for young children—including the ability to regulate themselves and the quality and quantity of their sleep—improve when screen activity and exposure are limited. When tech is used, it is important that content is appropriate for their age and supported by adult guidance and engagement.^{1,2,7}



Scan or [click](#) for full Screen Aware Kit!



Scan or [click](#) for research references and recommended reading!



Top Tips

Create screen-free zones and screen-free times. Top priorities: sleeping areas, bedtimes, mealtimes, and family time.^{2,5}



Establish boundaries for screen technology use among all members of the household.⁵

- Why is it used?
- When can it be used?
- How can it be used?



Avoid using screens for reward, distraction, or punishment.¹



Encourage children to think about the creation and content of screen-based media.³

- Who made this?
- Why was it made?
- How was it made?
- Who was it made for?

IN THE HOME

Maintain screen-free times and places

- Keep meal times screen-free.
- Keep screens out of bedrooms and bedtime routines.
- Have a designated common area for screens. Ex: living room.
- Put away or cover tv/tablet/computer when they are not being used. Out of sight, out of mind!

Prioritize quality screen experiences

- Use a TV vs tablet/smartphone since it:
 - Stays in one place.
 - Makes it harder to flip between content.
 - Encourages compromise on viewing decisions.
 - Creates shared family culture.
- Pick slower moving shows.
- Use “guided access” mode on devices to limit children’s use to a single app.



Create screen-free alternatives

- Arrange areas for hands-on play and exploration.
- Ideas for healthy indoor play include boxes, playdough, dolls, blocks, water play, puzzles, crayons/markers and paper, child-safe scissors and glue, books, books, and more books!
- Use whatever is around for toys — pots/pans, towels, empty toilet paper rolls, etc. This teaches children to be resourceful, creative, and less materialistic.



Practice a screen-aware mindset

- View shows alongside your children so you are familiar with the content and confident it is age appropriate. Children learn best when they have the opportunity to discuss, question, and process what they see on screens.
- Limit the pressure to always entertain your child. It is important for them to learn to soothe and entertain themselves without screens.
- Show, don’t tell. Young children learn best through adult modeling. Silence your phone when possible to show your child family relationships are more important than screens.

Build screen-awareness with children’s books

When You Give a Mouse an iPhone by Ann Droyd
The Glowing Rectangle by Katie Friedman
Cami and Wyatt Have Too Much Screen Time by Stacy Bauer
Me, Myselfie and I by Jamie Lee Curtis
You’re Missing It by Brady Smith

