

# Technology and Screens

## Creating a Family Plan

### Play is Children's Work

Young children learn best from playing. When using devices, look for apps that encourage exploration and creativity. See the side panel for suggestions, or ask your librarian.

### Limit Background Television

Even if kids don't seem to be paying attention, having television on in the background distracts them from their play. Turning off the TV allows for more focused play.

### Pay Attention to Your Own Screen Use

Are you sneaking peeks at your phone under the table? Set aside time for your own screen needs, but make sure to spend time being fully present with your child—with no distractions from a device.

### Remember YOU are the Most Important Part

Children learn the most when they're interacting with you. Whether you are reading a traditional book, an e-book, playing with an app, or watching a movie, take time to talk with your child about what you are reading and seeing. Let your child talk, too, and listen to them.

### Screen-Free Bedtimes

Research shows that screen use before bed interferes with sleep. Make face-to-face interaction, books, and plenty of snuggling part of your bedtime routine. If you use screens do so at other times of the day, and keep televisions and computers out of your child's bedroom.



### A Few Recommended App Developers

Toca Boca

Sago Mini

Originator

Filimundus

