

# Choosing Good Content

Look for educational content like:

- PBS KIDS shows
- Blue's Clues
- Sesame Street
- Daniel Tiger's Neighborhood

These programs teach children facts, healthy behaviors and how to deal with their feelings.

## Engage

Watching with your child and asking questions builds connections and helps them learn. You could ask:

- What do you think will happen next?
- What was your favorite part?
- Which character would you like to be friends with? Why?



## More Information

### Family Media Plan

You can use the Family Media Plan to learn more ways to help your family use media in a healthy way.



### Commonsensemedia.org

Common Sense Media provides ratings and reviews of books, tv shows, movies and more. Scan the QR code to find media that is right for your family.

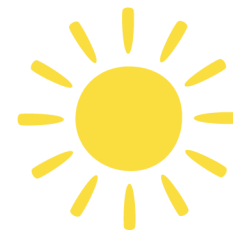


Content for this handout was adapted from:

- The American Academy of Pediatrics
- SAMHSA
- Common Sense Media

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## What You Should Know About Screen Time

for babies, toddlers,  
and kids



## How Much Screen Time?

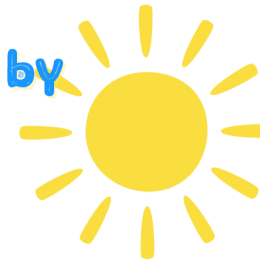
*The American Academy of Pediatrics (AAP) recommends:*

- *Younger than 18 months: No screen time, except for video chatting with family and friends*
- *18 to 24 months: Only high-quality educational media with parental engagement*
- *Ages 2 to 5 years: No more than one hour a day*

## Did You Know?

- *Watching 1 hour or less of entertainment media has a direct connection to living a healthier life.*
- *Leaving the TV on as background noise can make it harder for your child to learn language, pay attention, and play.*
- *Using media before bed can decrease how much sleep your child gets.*
- *Your child will learn better from media when you watch and talk about it with them.*

## Your Child Learns Best by Watching You!



*Teach your child healthy media habits by:*

- *Making a habit of turning off media that is not being used by anyone.*
- *Making sure screen time doesn't interfere with physical activity and healthy eating.*
- *Avoiding screens during the hour before sleep.*
- *Being available for family conversation and play.*



## Screen Free Zone

*Times and spaces that should be screen free include:*

- *before school*
- *during homework*
- *mealtimes*
- *bedrooms*

## Reading

*Reading books helps your child learn language, social skills and how to deal with their feelings. And reading together is a bonding time for you and your child.*

## More Screen Free Fun

- *cook*
- *arts and crafts*
- *puzzles*
- *go to the library*
- *get outdoors*
- *play a game*