

Safely Use Tech to Connect

Be an example

- Drop your device, make eye contact, and listen when others are speaking—especially your child!
- Make tech-free meal time and bedtime the norm.



You are your child's best advocate!



- Adults go first. Visit websites and applications before your child to check them out.
- You know your child best. Check that applications and webpages are okay before they use them, even if they are recommended by other adults.
- Look for apps, webpages, and media that allow for interaction with technology and you.
- Choose learning through play over screens when possible.

Suggested screen-time limits

- **0-2 years old:** No screen time recommended, unless video chatting with a loved one.
- **2-5 years old:** One hour or less of screen time per day. Choose apps, websites, and media that:
 - Allow your child to talk about what they think and feel during screen-time.
 - Explore other people's ways of living, feeling, and thinking that are different from your own.
 - Let your child create something or be active.
 - Engage in the building blocks of learning, like ABC's and 123's.



Free websites & applications

- SesameStreet.org (3-5)
- YouTube Kids (3 & up)
- SafeSearchKids (4 & up)
- Khan Academy Kids (2-5)
- Moose Math (2-7)
- Cat in the Hat Builds That (3-4)

Connect with your child!

Conversation & Activity Starters

- "What happened on [name of program] today?"
- "Can you draw a picture of how you feel when someone asks you to stop playing your game and you don't feel ready?"
- **Connect with what your family values.** "Let's find a video of someone making our family's favorite dish/doing a traditional dance/singing a folk song."