



TECHNOLOGY TIPS FOR Babies & Toddlers

REMEMBER THE ABCs

A

Age-Appropriate Limits

0-2 years = Zero screen time (just play, play, play)
2-5 years = less than 1 hour of quality screen time

B

Brain-Boosting Content

Choose age-appropriate educational shows, learning games, and video chats with family,



C

Create Connection and Fun Together

Watch shows and play games to bond with your child---asking questions, laughing, discussing characters, singing, and learning side by side.



Encourage your child to play, explore, create, and read—without screens. Play is key for learning, communicating, understanding the world around them, and building a positive relationship with you.

