

Parenting Littles in the Digital World

Creating a safe digital environment for young children.

No screen time is recommended from birth to 2-years-old, limit to one hour for kids between 2 to 5.

Playing and talking in real life is best for learning and development.

Share in content watching and keep it educational and physically engaging.

Avoid handing over your phone or giving your child a smart device.





Appropriate time limits.



Under 18 months: Avoid screen time other than video-chatting.



Age 18-24 months: Find high-quality programming (if you choose to introduce screen time), and watch or play together.



Age 2-5: Limit screen use to one hour per day of high-quality programs.

Active vs. Passive Screen Time



Active - Cognitively, educationally, or physically engaging activities with the use of a screen. Examples include educational apps, dancing videos, and Wii sports.



Passive - Physically and cognitively sedentary use of screens to calm, subdue or "unplug." Examples are watching YouTube, cartoons, or movies.

Beware of what you post.



Avoid over-sharing of your child's personal information, such as their names, birth dates, school name, grade, classroom.



Never post anything embarrassing or shameful about your child on your social media channels. Remember what you are posting will be with them their entire lifetime.

Get digital support.



Have questions on parenting littles in the digital world? Contact Smart Gen Today

