



TIPS FOR MANAGING DIGITAL MEDIA WITH YOUR CHILDREN

WITH LYN NEISUS



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Postpone Screen Introduction for Infants & Toddlers

Research has shown that even background TV can be harmful to development for children under the age of 2

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Introduce Moderation

Research shows that when used in moderation, quality educational programming like videos, games, and apps can facilitate healthy development and cognitive skills.

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Employ Parental Controls

Parental controls can help you manage the type of content your child is being exposed to.

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Reduce Technoference

Technoference are frequent disruptions digital media causes in relationships. An example of this can be the distraction a phone vibrating causes.

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Use Digital Media Together With Your Children

Adjust use and conversation for your child's age. As they get older, ask them where they feel supported online, who they follow and why, and if they've seen content that made them feel unsafe.