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The first few years move fast – unplug, read, and play every day!



Children younger than 2 learn best from exploring the world around them and playing with other children and adults. Help babies and children develop, learn and grow by limiting their screen time – and your own.

DID YOU KNOW?

When you put down your phone to talk, sing, read and play with your baby, you are helping to build their brain!

When you respond to your infant's babbles, gestures, or cries, this back-and-forth interaction—known as serve and return—helps your baby's brain develop. These positive early interactions set the foundation for your child's future health, wellbeing, and learning.



TOP 3 TIPS *from Jaime McKinney, MD, FAAP, Alabama Pediatrician*

1



Keep screen time minimal with children under 2, and be sure to be there to co-view, engage and teach.

2



To help your child build good sleep habits, keep devices, including TVs, computers, tablets, and smartphones, out of children's bedrooms.

3



Make reading aloud to your young child a daily habit.



Learn more – and create a screen time plan
for your family - at pagesoverpixels.org →



Here are the latest screen time recommendations for kids from the American Academy of Pediatrics:



UNDER 18 MONTHS

Minimize or eliminate media exposure, except for video chatting with family or friends.



18-24 MONTHS

Keep screen time minimal and limited to watching educational programming with a caregiver.



2-5 YEARS

Limit non-educational screen time to about 1 hour per day, and encourage co-viewing with a parent or sibling.



6 YEARS AND OLDER

Encourage healthy habits and limit activities that include screens.



TIP: Set family media-free times, like meals or driving.



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