

Tips for Media Ukkie Dagen 2026



(Colour, watch,
talk)

kleuren kijken kletsen

Tips for
ages
0 to 2

For children up to the age of 2, exposure to media doesn't contribute much to their development. They mainly discover things by feeling, smelling, and moving around. That said, because media is all around us your child is sure to encounter it all the same. How do you, as a parent or caregiver, deal with this?

1. Choose something other than a video

Read to your little ones, put on quiet music or listen to an audio book. Dancing together to fun, lively music is also a great alternative to screen time.

2. Set clear rules for the whole family

When do you use which type of media, and for how long? Make rules that apply to both kids and adults. The more regular the routine and the earlier you start it, the better.

3. Lead by example

Kids tend to mirror their parents, so set a good example. For example, put your phone away when engaging in an activity with your child, or when they're asking for your attention.

4. Get involved with what you read, see and hear

Be an active participant in your little one's media use. Act out stories when reading books to your child or while listening to audiobooks together, using facial expressions, hands, and feet. Or play musical statues together.

5. Associate media with other activities

Connect music or a game of peek-a-boo to something you've read in a book. Or act out the story from an audiobook once it's finished. That way, you alternate between activities and associate media with creativity.



We also have tips for children aged 2 to 6.

Visit mediaukkedagen.nl/tips

