



Media can be both fun and educational. Little kids love it when someone talks to them directly and they love to answer or act in response. They like seeing familiar figures and situations they recognise from their own lives. At this age, kids are increasingly discovering things on their own. Still, you, as a parent or caregiver, can guide them in this process.

## 1. Think about when and why you use a screen

Though screen time can be great for keeping the kids quiet it doesn't necessarily help your child relax. Other media, such as audiobooks or picture books, are a good alternative.

## 2. Explore media together

By exploring age-appropriate videos, podcasts and books together, you can make online time both fun and safe. Watch closely how your child responds to media. Is it really age-appropriate?

## 3. Keep a good distance from the screen

Have your child take three giant steps away from the screen. This is much better for their eyes! It's easier to keep a TV screen at a distance than a smartphone or tablet, and watching TV encourages children to move about.

## 4. Get involved with what you read and hear (or see)

Be an active participant in your little one's media use. Act out stories from books, videos, or podcasts using facial expressions, hands, and feet. Draw or craft the main characters or dance along to the intro music of a favourite show.

## 5. Ask questions

You can't play with your child or monitor their screen use 24/7, but you can make sure you're involved and aware. Stay nearby and know what your kids are watching. Keep the conversation about media open and ask questions about what they do and see online.



We also have tips for children aged 0 to 2.

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