

Electronic Media Exposure for Young Children (Birth-24 months)

How to encourage your children's development

What is electronic media exposure?

Electronic media is television (TV), computers, or any other electronic devices. Children are exposed to this media when they watch, read, or listen to these devices. All children are affected by exposure.



Why is it harmful?

Electronic media exposure may slow a child's growth and development. Children who are exposed to too much electronic media have an increased risk of poor sleep patterns, language delays and may be more violent and aggressive.



What can I do?

- Limit media use for children younger than 2 years.
- Do not put a TV in a child's bedroom.
- Plan play time alone or with another person without media to help brain development. Add physical activity to play time.
- Parents should be "media free" during playtime to allow for uninterrupted play.



What are healthy ways to play?

Add new ways to play as your child gets older.

Birth to 3 months	3 to 6 months add these:	6 to 9 months add these:	12 to 18 months, add:	18 to 24 months, add:
<p>Read stories. Sing or recite poems.</p> <p>Listen to upbeat or soft instrumental music.</p> <p>Play with toys or rattles that are red, black and white.</p>	<p>Give toys your baby can hold.</p> <p>Move toys side to side and up and down, starting from the middle of their face.</p> <p>Repeat baby sounds. If your baby says "ba", you say "ba" then "ba ba, etc."</p>	<p>Let baby hold, look at, and feel toys.</p> <p>Do tummy time when baby is awake.</p> <p>Show baby mirror or pictures.</p> <p>Get down on the floor in front of your baby.</p> <p>Read to your baby, point out common objects and name them.</p>	<p>Help baby move with music.</p> <p>Roll or throw a ball back and forth with your child.</p> <p>Talk to your child. Point to an object, say the word, and have them repeat you.</p>	<p>Go outside so child can look around.</p> <p>Play with push and pull toys and toys that can be banged or twisted.</p> <p>Make noises that baby can imitate—especially animal sounds.</p>

Other teaching sheets that may be helpful

- #1997 Play to help your child when activity is limited.
- #1832 Development of your baby's mind.
- #1087 Tummy time.
- #3073 Learning problems and learning disabilities.
- #2020 Keeping your child safe (1-2 years).
- #2021 Keeping your child safe (3-5 years).
- #2005 Keeping your child safe (school age).

ALERT: Call your child's doctor, nurse, or clinic if you have any concerns or if your child has special health care needs not covered by this information.

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.