



Did you know... Frequent tablet use is linked to more anger outbursts in young children



American Academy of Pediatrics

Recommended Media Use

For children under 2:

- Avoid screen time like TV, tablets, and phones (except for video chatting with loved ones).

For children ages 2 to 5:

- Limit screen time to 1 hour per day of high-quality content.

Try this: Watch and talk about what your child is seeing.

Why it matters: Watching together helps your child understand what they see and connect to the world around them.

American Academy of Pediatrics

Find more tools and info:

www.zerotothree.org
www.aap.org
www.common sense media.org

Nurture Through Connection

Infants and toddlers learn best through loving relationships and everyday experiences. Try these simple ways to help your child thrive.

1. Be Present

Your child needs your attention more than anything else.

- **Try this:** Set your phone to "Do Not Disturb" or away during playtime.
- **Why it matters:** Eye contact and attention help your child feel safe and supports healthy brain development.

2. Use Everyday Moments

Daily routines are great times to connect and learn.

- **Try this:** Sing, read, or even babble with your child during feedings, diaper changes, or rocking.
- **Why it Matters:** These moments build language skills and support infant and toddler mental health.

3. Reduce Background Noise

Too much noise can make it hard for children to focus.

- **Try this:** Turn off the TV and background media during meals and play time.
- **Why it Matters:** A calm environment helps your child engage and connect with you.

Learn more about this
community campaign

