

## Car Time



- Riding in the car is a great time to learn about the outside world. Describe the colors, shapes and sizes of cars and other objects that you see along the way.
- Play some kid-friendly music or sing a song like *The Wheels On The Bus*.
- Bring along a bag of toys, books or audiobooks. A variety of items will help them (and you) pass the time.

## Break Time



- Take a break from your own work to relax and have some fun with your infant or toddler. They're only this age once!
- Make an indoor tent by placing a blanket over a table and crawl underneath together to read a story or play.
- Take a walk by safely securing your little one in a stroller or backpack.

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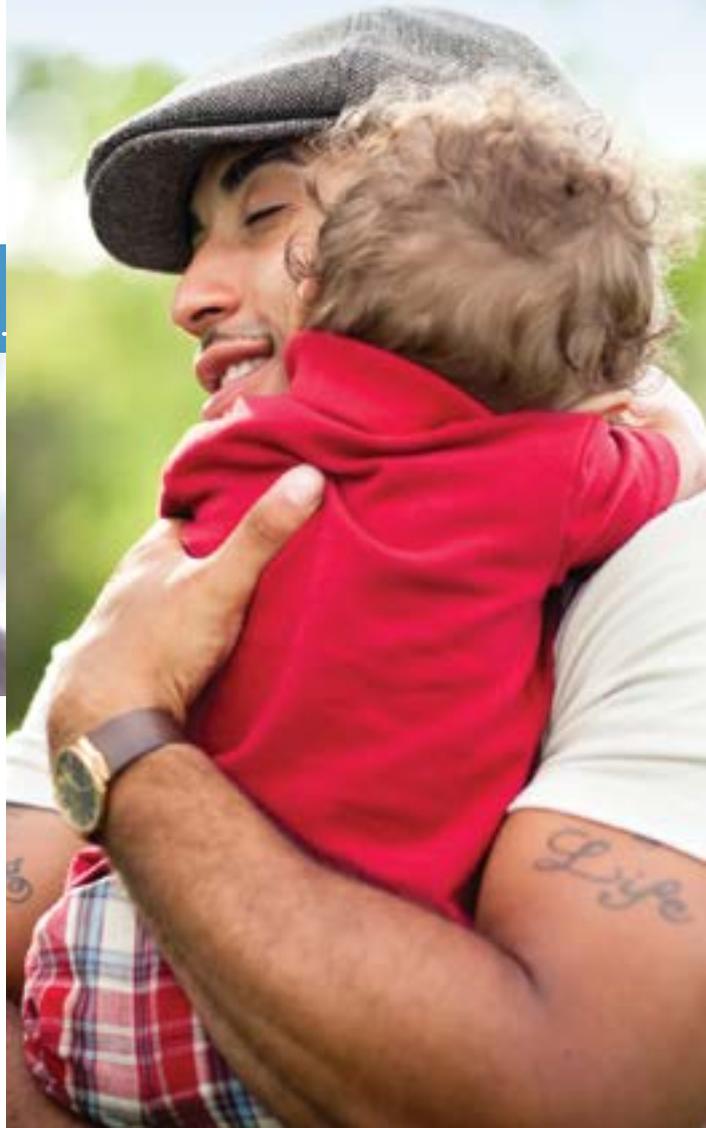
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# It starts with you

*How to raise great kids with no screen time.*

FROM BIRTH TO TWO YEARS



# What you need to know about screens and kids

We use screens because they make parenting easier; they give us a much-needed break and we're told they will make our babies and toddlers smarter. Not true. In fact, the American Academy of Pediatrics recommends no screen time for kids under two years.

Why? Because their brains are forming and growing. Screens are one-way communication and don't stimulate the right (or best) kind of growth or creativity.

Babies and toddlers need someone to talk to them and respond with smiles, words, giggles and touch. They love to explore their world with you to guide them.

Playing with your little one doesn't have to be complicated or expensive. It can be as simple as taking them outside to feel the grass and tree trunks. The main thing is to let them safely examine their surroundings without being coached or entertained. Let THEM lead!

## Great times to put electronics away

Create places or times each day when you turn off the TV and put your cell phones and tablets away.

- **Mealtime:** Turn off the cell phones and put them in another room.
- **Bedtime:** Declare the bedroom as a no-screen area.
- **Car time:** Infants and toddlers travel best when looking out the window. No need for a movie here!
- **Break time:** Try using this time to breathe, enjoy and escape from electronics.

For more information, visit [www.idahoap.org](http://www.idahoap.org) or [www.earlychildhood.dhw.idaho.gov](http://www.earlychildhood.dhw.idaho.gov).

## Mealtime



- Mealtime is a great time for your family to talk to each other and share lots of words and ideas.
- See how many tastes, textures, temperatures, smells and colors you can talk about during a meal.
- Ask your child questions about the food and wait for a response. You'll be surprised at how much they observe.

## Bedtime



- A bedtime routine helps you and your child prepare for rest and sleep. Brushing teeth, a bath or a light massage are great relaxers.
- Reading a story in bed helps young children learn new words and enjoy a snuggly, one-on-one time with you.
- Try rocking and singing songs that are slow and soothing such as *Twinkle, Twinkle, Little Star*.