



Media & Screen Time Resources

Compiled 11/26/18

AAP Parenting Resources

Healthy Digital Media use habits for Babies, Toddlers and Preschoolers. Available at <https://www.healthychildren.org/English/family-life/Media/Pages/Healthy-Digital-Media-Use-Habits-for-Babies-Toddlers-Preschoolers.aspx>.

10 No-Cost, Screen-Free Activities to Play with Your Preschooler. Available at <https://www.healthychildren.org/English/ages-stages/preschool/nutrition-fitness/Pages/Motor-Activity-and-Self-Play.aspx>.

AAP Professional Resources

Media and Young Minds. Available at <http://pediatrics.aappublications.org/content/138/5/e20162591>.

American Academy of Pediatrics Announces New Recommendations for Children's Media Use. Available at <https://www.aap.org/en-us/about-the-aap/aap-press-room/Pages/American-Academy-of-Pediatrics-Announces-New-Recommendations-for-Childrens-Media-Use.aspx>.

AAP News articles

Policy Addresses How to Help Parents Manage Young Children's Media Use. Available at <http://www.aappublications.org/news/2016/10/21/MediaYoung102116>.

Zero to Three Parenting Resources

Making Good Decisions about Television and Screen Time for Young Children. Available at <https://www.zerotothree.org/resources/318-making-good-decisions-about-television-and-screen-time-for-young-children>.

Five Tips to Make the Most of Video Chats. Available at <https://www.zerotothree.org/resources/2535-five-tips-to-make-the-most-of-video-chats>.

Choosing Media Content for Young Children Using the E-AIMS Model. Available at <https://www.zerotothree.org/resources/2533-choosing-media-content-for-young-children-using-the-e-aims-model>.

Young Children and Screens: Putting Parents in the Driver's Seat. Available at <https://www.zerotothree.org/resources/2532-young-children-and-screens-putting-parents-in-the-driver-s-seat>.

Screen-Use Tips for Parents of Children Under Three. Available at <https://www.zerotothree.org/resources/2531-screen-use-tips-for-parents-of-children-under-three>.

Zero to Three Professional Resources

What the Research Says about the Impact of Media on Children Aged 0-3 Years Old. Available at <https://www.zerotothree.org/resources/2536-what-the-research-says-about-the-impact-of-media-on-children-aged-0-3-years-old>.

Screen Sense: Executive Summary. Available at <https://www.zerotothree.org/resources/2534-screen-sense-executive-summary>.

Screen Sense: All the Need-to-Know Research on Screens for Children Under Three. Available at <https://www.zerotothree.org/resources/2538-screen-sense-all-the-need-to-know-research-on-screens-for-children-under-three>.

Zero to Three Podcast

The Influence of Media on Young Children's Development. Available at <https://www.zerotothree.org/resources/284-the-influence-of-media-on-young-children-s-development>.