








## WHY SHOULD FAMILIES TURN OFF THE SCREEN?

-  Infants and toddlers learn to talk by watching, listening, imitating and interacting with people.
-  Infants and toddlers learn to crawl, walk, climb, and run by moving their bodies.
-  Infants and toddlers learn how to get along with other people by socializing with people.
-  Infants and toddlers learn how to pay attention when playing and interacting with real people. Screen use does not offer infants and toddlers time to process what they see and hear because the pictures/lights/sounds change too fast for the developing brain.
-  Infants and toddlers learn to how get help and seek comfort when they are part of the daily routines of a family.

### SCREEN TIME REFERENCES:

[www.zerotothree.org/resources](http://www.zerotothree.org/resources)

Information about infant/toddler development and learning.

[www.pricelessparenting.com](http://www.pricelessparenting.com)

Information and resources about positive parenting.

[www.healthychildren.org](http://www.healthychildren.org)

Information about health topics for infants, toddlers, preschoolers, and school age children.

[www.common sense media.org](http://www.common sense media.org)

Parent friendly information about all types of media and all types of devices.

[www.hanen.org](http://www.hanen.org)

The Hanen Centre: Helping parents help their children to communicate.

<https://blog.asha.org>

The American Speech/Language and Hearing Association