

Family Time with Technology

How do you want your family to use technology? What habits do you want to encourage?

Young children best use technology in short bursts, shared with an adult. They can use apps and games that help them learn and actively enjoy technology.

Checklist

Do I offer technology to my child in short bursts?

Do I select technology to help my child's development?

Does my child expect to share technology with me?

Do I put aside technology to engage with my child?

Does my child have time without technology?

'What matters most is sharing it, not how long you use it for.'

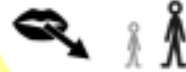
The Joan Ganz Cooney Centre



Included with permission www.joanganzcooneycenter.org

Build good habits

Ask



Please let me ...
I want to ...

When young children are using technology encourage them to Ask, Check, Share, Change to do something else after a short period of time, Be Kind, Tell when worried or something unexpected happens.

Check



I can see you

Can you see me?

Share



Play with me

Look what I can do

Time



Time to stop now

Time to do something else

Be Kind



I like that

Please can I take your picture

Tell



I don't like this

Help me