

## Screen Time Tips for 2 to 5 Year Old's

**The same parenting rules apply to screen time as to anything else — set a good example, establish limits, and talk with your child about it.**

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To make your preschooler's screen time more productive:

- **Be with young kids during screen time and interact with them.** That can mean playing an educational game with your child or talking about something you see together in an age-appropriate TV show or video.
- **Research games and apps before getting them for your child.** There are thousands of apps and games that claim to be educational, but not all of them are. Search online to see which ones educators and doctors consider the best.
- **Schedule plenty of non-screen time into your child's day.** Unstructured playtime is important for building creativity, so young children should have time to play away from screens every day. Family meals and bedtimes are also important times to put the screens away and interact with your child.
- **Keep devices with screens out of the bathroom and child's bedroom,** and don't allow a TV in your child's bedroom.

**Intended Use** – When it comes to raising children, priorities and values differ greatly from home to home. Identify your expectations: the what, why, how, when, where for creating rules, boundaries, rewards and consequences.

**Modeling** – More is caught than taught. Mirror neurons are strong at this age of development. Kids do what they see and say what they hear.

- See Bobo Doll Experiment

**Protection** – Be consistent and available. Know who they are with and what they are watching and hearing. Set password protections on all screens and look into Internet Filtering Software.

1. *Qustodio: Best Internet filter software overall.*
2. *Net Nanny: Best for monitoring your kids.*
3. *Kaspersky Safe Kids 2021: Best value internet filter app.*
4. *Surfie: Great for cell phones. ...*
5. *Bark: Best for detecting hidden threats.*

**Communication** – Avoid saying “because I said so”. Have age appropriate discussions to help them think and reason instead of acting on emotion.

- Eye Contact plays a crucial role in developing emotional connections
- Why we have rules
- Needs vs Wants
- Similarities and differences between boys and girls
- Medically accurate names for private parts
- Role play. Prepare them with expectations and responses
- Use SONGS to help your child remember

### Manners/Appropriateness

- **Physical** – our bodies are good and need things like air, food, water, clothes, affection and exercise to grow up safe and healthy
  - Boundaries and Consent
    - Private vs Public
    - Asking for hugs, high fives, fist bumps, etc.
    - It's ok to say “no” or “no, thank you”.
    - Germs
  - Appropriate Affection based on relationships – friends, family, teachers, etc.
- **Mental** – our thoughts become things
- **Emotional** – our feelings can help us avoid danger or they can lie to us when we want to do something we know is wrong.

**Practice the Pause** – Self-control is a muscle that needs to be exercised from a young age. Scan the QR code for **The Stanford Marshmallow Experiment**.



### **Book Recommendations:**

*What Should Danny or Darla Do?*  
*Good Pictures, Bad Pictures Jr.*  
*I Said NO!*  
*God Made All of Me: A Book to Help Children Protect Their Bodies*  
*I Am in Control of Myself Set*  
*I Get Along with Others Set*  
*The Rabbit Listened*  
*Bernstein Bears*  
*Ninja Life Hacks Book Box Sets*  
*I Can Handle It! (and other books by Laurie Wright)*  
*Mine-O-Saur*

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### **How can you help your child during these years?**

It's important to learn about some of the behaviors you can expect during these years of rapid change. Temper tantrums, thumb-sucking, and nightmares are common issues in children this age. Knowing what to expect can help you to be patient and get through the stressful moments.

- **Offer your child healthy foods.** Keep lots of fruits, vegetables, and healthy snacks in the house.
  - **Make time for your child to be active [and bored]**
  - **Read and talk to your child.** This helps children learn language and opens them up to new ideas.
  - **Help your child get enough rest.** Between the ages of 2 and 5, children need about 11 to 13 hours of sleep each day.
  - **Help your child play with other children.** Preschool or play groups can be a great way for children to learn to interact.
  - **Teach skills,** such as how to get dressed, how to use the toilet [and help with household chores].
  - **Set limits that help your child feel safe and secure but that also allow your child to explore.**
- Raising a preschooler can be challenging. What works or is right for a 2-year-old may not be right for a 5-year-old. Taking a parenting class can help you learn how to deal with issues as they arise. To find a class, ask your child's health care provider or call the provincial health line.

### **References/Resources for Your Use**

- <https://www.protectyoungminds.org/> <https://educateempowerkids.org/>
- <https://protectyoungeyes.com/>
- <https://www.covenanteyes.com/> <https://www.culturereframed.org/>
- <https://www.americangirl.com/shop/c/advice-activities>
- <https://birds-bees.com/> <https://www.d2l.org/>
- <https://www.nexttalk.org/> <https://endsexualexploitation.org/>
- <https://savethekids.us/> <https://www.leonardsax.com/books/>
- <https://www.healthlinkbc.ca/health-topics/ta3612>
- <https://oklahoma.gov/health/family-health/maternal-and-child-health-service/data-and-evaluation/ybrs.html>
- <https://www.bark.us/> <https://www.gustodio.com/> <https://www.netnanny.com/>

**Thank you for reading and please fill out our survey!**