

Tech Time for Infants and Toddlers

Because we use technology in many ways every day, infants and toddlers often have early interactions with electronic media. Here are some ways families and caregivers can find a healthy balance with technology and electronic media in their lives.

Use technology together

Talk and interact while using technology. Conversations help your child understand what she sees and how technology works. Talk about the content to help your child understand what she sees.

Be a good role model

Your child is watching your technology use, which can often interfere with daily routines. Put down your device and give your child your full attention.

Use electronic media away from meal and sleep spaces.

Choose wisely

Choose age-appropriate programming. Infants and younger toddlers (under 18 months) can participate in interactive video chatting with relatives, but they do not benefit from programming or toys that claim to improve children's intelligence. Older toddlers (18–36 months) may benefit from some simple, child-directed programming with support from adults.



Balance your time

Infants and toddlers need hands-on practice with real objects. They benefit most from their interactions with people through play and conversations. Use technology

to complement other activities rather than relying solely on technology to entertain, teach, or otherwise occupy your child's time.

Remember safety

Young children are attracted to blinking lights and screens. Childproof as needed, especially heavy electronic items such as big screen TVs, which are tip-over hazards.

Any opinions, findings, conclusions, or recommendations expressed in this tip sheet are those of the author(s) and do not necessarily reflect the views of the Illinois State Board of Education.



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