**Tech Time for Young Children**

We use technology in many ways during everyday routines, and young children don’t want to be left out. Here are some ways families and caregivers can find a healthy balance with technology and electronic media in their daily lives.

**Use technology together**

Talk and interact while using technology. Conversations help your child understand what she sees and how technology works. Talk about what you see to help your child understand it.

**Choose wisely**

Young children have trouble telling the difference between reality and fantasy. Choose age-appropriate, nonviolent media for young children.

**Be a good role model**

Your child is watching your technology use, which can often interfere with sleep and meal times. Find a healthy balance between when you use technology and when you take a break from it.

**Encourage learning**

Choose educational games and programming that help children learn. Show them that technology can also help them find important, useful information.

**Balance your time**

Young children need hands-on play with real objects. They benefit most from their interactions with people through play and conversations. Use technology to enrich and build upon other experiences. Develop a family plan for media and decide ahead of time when and what to watch.

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