



## Appropriate Use of Technology Tip Sheet

The use of TV, video, and/or computer should not be used with children under the age of 24 months. Children under the age of 24 months need social interactions and hands-on experiences.

Media screen time should be limited for children 2 years and older to not more than 30 minutes total, once a week. Computer time should be limited to 15 minutes a day for children 2 years and older.

Provide children with at least 3 age-appropriate alternative activities while TV or computer is being used.

Staff shall be actively involved while children are using TV, video, or computer. The materials used shall be educational, discussed with parents prior to use, and listed on the lesson plan.