

## Birth to 24 months – How to help your children grow

### What is electronic media exposure?

Electronic media is television (TV), computers, or any other electronic devices. Children are exposed to this media when they watch, read, or listen to these devices. All children are affected by exposure.



### Why is it harmful?

It may slow a child's growth and development. Children who are exposed to too much electronic media have a greater risk of poor sleep, obesity, behavior problems, and delays in learning and social skills.



### What can I do?

- Limit media use to only when an adult is standing by to watch, talk, and teach. Example: video-chatting with family along with parents.
- Keep TVs out of your child's bedroom.
- Plan play time alone or with another person without media. Add physical activity to play time.
- Parents should be "media free" during play time in order to give their attention to their children.



### What are healthy ways to play?

Add new ways to play as your child gets older.



Birth to 3 months	3 to 6 months add these:	6 to 9 months add these:	12 to 18 months, add:	18 to 24 months, add:
<p>Read stories.</p> <p>Sing or recite poems.</p> <p>Listen to upbeat or soft instrumental music.</p> <p>Play with toys or rattles that are red, black and white.</p>	<p>Give toys your baby can hold.</p> <p>Move toys side to side and up and down. Start from the middle of their face.</p> <p>Repeat baby sounds. If your baby says "ba", you say "ba" then "ba ba."</p>	<p>Let baby hold, look at, and feel toys.</p> <p>Do tummy time when baby is awake.</p> <p>Show baby mirror or pictures.</p> <p>Get down on the floor in front of your baby.</p> <p>Read to your baby, point out objects and name them.</p>	<p>Help baby move with music.</p> <p>Roll or throw a ball back and forth with your child.</p> <p>Talk to your child. Point to an object, say the word. Have them repeat you.</p>	<p>Go outside so child can look around.</p> <p>Play with push and pull toys and toys that can be banged or twisted.</p> <p>Make noises that baby can make. Try animal sounds.</p>

### Other teaching sheets that may be helpful

- Play to help your child when activity is limited. [#1997](#)
- Development of your baby's mind. [#1832](#)
- Tummy time. [#1087](#)
- Learning problems and learning disabilities. [#3073](#)
- Keeping your child safe (1-2 years). [#2020](#)
- Keeping your child safe (3-5 years). [#2021](#)
- Keeping your child safe (school age). [#2005](#)

**ALERT:** Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

**This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.**