

Tips for Parents

- **Use apps together.** Ask questions about the content to help increase your child's comprehension and vocabulary.
- **Choose apps with your child.** Target their interests. Spark their curiosity.
- **Designate spaces for digital learning.** Keeping screens out of the bedroom can help your child have a better night's sleep.
- **Stay interactive!** No media is as responsive and interactive as a live teacher, parent, or playmate.
- **Read eBooks aloud together,** making the reading experience richer and building literacy skills
- **Move together!** Play active video games and take a break outdoors where you'll get fresh air, vitamin D, and connect with nature
- **Find child friendly apps** that engage children by repeating an idea, presenting images and sounds that capture attention.

What is Digital Literacy?

More than reading from a screen
Knowledge and ability to use technology
Critical thinking
Problem-solving skills
Using technology meaningfully
Creating and communicating information



Stay informed

- Organizations such as the Canadian Society for Exercise Physiology and the American Academy of Pediatrics suggest that **screen time for those under 2 years is not recommended.** For children 2-4 years, daily screen time should be under one hour.
- Children's early experience with books directly relates to their success in learning to read in school



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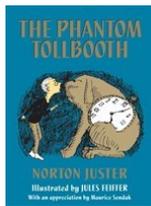


eBooks for Kids at your Library



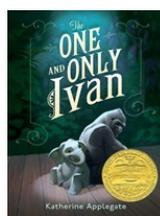
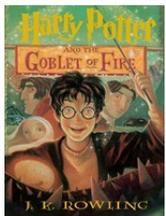
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