5 Tips for Your Child’s Balanced Digital Diet

Choose content that:

- Engages
- Promotes creativity
- Encourages discovery
- Can be explored together

And leave a little room for “junk food”!

Recommendations from the experts at the Technology in Early Childhood Center at Erikson Institute
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For a healthy digital diet, include nutritious items from each of the “food groups.” Choose content that:

Engages
Find interactive content that appeals to your child’s interests and lets him or her control how to explore it.

Promotes creativity
Help your child tell a story or create art using a camera, computer, or other device and share it with others.

Encourages discovery
Ask your child to identify a topic to learn about, and then use technology to explore, discover, and communicate what he or she learned.

Can be explored together
Engaging in technology with your child promotes learning. Model healthy habits and positive ways to use technology to interact with others, play, learn, communicate, and collaborate.

And leave a little room for “junk food”!
In a healthy digital diet, passive viewing of appropriate content is OK now and then. But remember: Even watching TV together and asking your child questions about the program turns passive viewing into active learning!

Adapted from the USDA website ChoseMyPlate.gov.

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