

5 Tips for Your Child's Balanced Digital Diet

Choose content that:

Engages

Promotes
creativity

Encourages
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Can be
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together

And leave a
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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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Erikson Institute is the nation's premier graduate school in child development and committed to improving lives through education, applied research, direct service programs, and advocacy. Because nothing matters more than a child's early years, Erikson educates, inspires, and provides leadership to serve the needs of children and families so that all can achieve optimal educational, social, emotional, and physical well-being.

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