



American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN®



Create Healthy Media Habits

Newborn TO 18 MONTHS

Use books and music to bring you and your baby closer together. Cuddle up and read, or sing along to a silly song. Babies' brains are wired to learn from your voice and body language, so you'll be helping to develop your baby's language and thinking skills.

Think about your own tech use. Having a new baby can be a big adjustment, but it's a chance to start new routines. Try putting your phone away when you play with or feed your baby, so you can focus on building your relationship.

Video-chat with long-distance family and friends. Babies will respond to voices and facial expressions even if it's through a device.

Play with your baby. Babies learn and grow best with loving attention from caregivers, so include plenty of reading, singing, and physical contact in your baby's daily routine. Limit screen use because it can take away from activities that are important for healthy growth. As babies reach 12 to 18 months, it's OK to use photos and short videos as a way of playing with your baby. For example, show photos of family members and talk about activities you've done together.

Avoid background TV. Whenever the TV is on, it can distract caregivers from positive interactions with babies. It's OK to watch the occasional show when you're with your baby, but turn it off when you're done. Consider muting commercials, too.

Use privacy settings on social networks and apps to share baby photos with family and friends, but not strangers.

For helpful tips, visit commonsense.org

Create a family media plan

healthychildren.org/mediauseplan

