

Look Mom! No Screens!

Information and Ideas for parents for limiting use of screens with young children.

Check it Out!

- **Nemours Kids Health - Media Use Guidelines: Babies & Toddlers:**
<https://kidshealth.org/en/parents/screentime-baby-todd.html>
Has info on limits, media use tips toddlers to 2 y.o. In Spanish too! Links to more great info!
- **Screens: Not for Babies! HealthySD.gov:** <https://healthysd.gov/screens-not-for-babies>
Screen time recommendations and information. Link to make a Family Media Use Plan that has info for older children using digital media. Link to AAP website.
- [Spending Time Outdoors Matters for Infants and Toddlers! | ECLKC \(hhs.gov\)](#)

Places to Go! Things to Do!

Some ideas from Early Intervention staff for great things to do where we live and play . . .

- **Harbor Drive Wellness Park** - 13030 Harbor Drive Lake Ridge, VA 22192 (Accessible playground - PWC)
<https://www.pwcva.gov/department/parks-recreation-tourism/harbor-drive-wellness-park>
This links to lots of information on Parks and Recreation activities here in Prince William County.
Scroll down & click on “Find an Activity” > “Children’s Programs”> Search as needed in left navigation bar.
- **Clemyjontri Park** - 6317 Georgetown Pike McLean, VA, 22101 (Accessible playground – Fairfax Co.)
[Clemyjontri Park | Park Authority \(fairfaxcounty.gov\)](#)

Sticking Close to Home . . .

- **Gardening with your child** - Go outside and dig, plant some seeds – you can do this with a cup of dirt in your home to start. This activity covers all areas of development – motor skills, language, cognitive (thinking and reasoning), turn-taking, and uses most of your child’s senses. If all goes well, your activity in a few weeks could be making lunch with what you get out of your garden!
- **Sidewalk Chalk and Bubbles** – These are old favorites of children and parents alike. Take turns drawing shapes and figures. Ask your child to copy what you draw. Draw pictures and make up stories together about what your child has drawn. Blowing bubbles works on your child’s oral motor skills for language and feeding. It’s so much fun to run around and try to pop them too, so great motor skill development as well!

Whatever activity you choose to do with your child, remember to limit screen time and increase your time spent together actively exploring the world around you. Have fun! 😊