



# HELP YOUR CHILDREN GET READY TO READ BY BEING SMART ABOUT SCREEN TIME



**TRY THIS  
AT HOME**

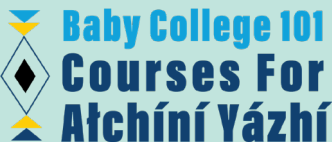
- Screen time or using a device with a screen (a phone, TV, tablet, video game system or computer) is part of everyday life for most families.
- Below are some suggestions for how to share screen time with your young children.

## Think about your child's age

- For children younger than 2: avoid screen time except for supervised video chatting with family.
- For children 2-6: try to keep screen time to 1 hour or less per day.

- **Share screen time with your children.** Young children learn more when adults use screens with them. Talk about what is happening on the screen and ask your children questions. Children should use screens on their own as little as possible.

- **Ask questions.** While watching with your children, ask them questions, give them time to answer, listen, and respond.



## Baby College 101: Courses for Atchíní Yázhí

This program provides free early literacy materials, activities, and events to Navajo families with children ages 0 – 6.  
Learn more: <https://extension.arizona.edu/NavajoBabyCollege> or email [DineBabyCollege@arizona.edu](mailto:DineBabyCollege@arizona.edu)

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