

Developmentally Appropriate Media

Relevant Satellite Accreditation Standards

III. The Daily Program for Children

J. Computers and audio-visual media are used only when they have a clear purpose and support children's development.

1. If the provider offers such activities as computer software, audio tapes, films, and videotapes, all materials are previewed by the provider to assure that they are developmentally appropriate for the children who are using or watching the materials.

2. Television, if used, is limited to programs that only have content that is appropriate to children.



The Basics

Screen media technology is steadily advancing and includes television, mobile devices, computers, tablets, video game devices, and videotapes. It can be interactive (media that encourages active participation and engagement) or passive (media that encourages sedentary behavior). The American Academy of Pediatrics recommends no screen media for children under 24 months old and no more than 1 hour per day for children two to five years old. Due to children's consumption of media outside of early education programs, [Healthy Kids Healthy Future](#), [Go NAPSACC](#), and the [National Association for Family Child Care](#) advise programs to limit screen media use to no more than **30 minutes per week** for children two and older.

Why limit screen media? Children under 24 months old learn through their environment and relationships and do not benefit from any screen media (Anderson & Subrahmanyam, 2017). For children 2 and older, screen media can be an educational tool when educators consider children's development. Pay attention to the **type** and **amount** of screen media:

Type **Passive media** discourages socialization and active play and is linked to child obesity.

Amount **Excessive screen media** use is associated with attention difficulty, sleep problems, and behavioral challenges.

How do I plan and use developmentally appropriate media? If you decide to incorporate screen media, consider each age group represented in the program. Educators must intentionally select interactive media and technology that supports relationships and engages children to actively participate. For children 2 and older, select interactive media developed *for children* by child development specialists.

Interactive media encourages children to use movement, language, social, and cognitive skills.

Young children learn best through screen media with a supportive, actively engaged adult providing feedback, asking questions, and expanding on the content. Collaborate with families and track screen media use throughout the week to ensure it remains at or below the American Academy of Pediatrics guidelines.

I want to learn more!

- [Technology and Interactive Media as Tools in Early Childhood Programs Serving Children from Birth through Age 8](#)
- [Screen-Viewing Among Preschoolers in Childcare: A Systematic Review](#)
- [Digital Screen Media and Cognitive Development](#)
- [Technology and Media in Child Care](#)
- [Selected Examples of Effective Classroom Practice Involving Technology Tools and Interactive Media](#)
- [Screen-Time Policies and Practices in Early Care and Education Centers in Relationship to Child Physical Activity](#)
- [Screen-Time Reduction Toolkit for Child Care Providers](#)
- [Screen-Time Recommendations for Children Under Six](#)
- [Media Use Guidelines for Families](#)

Books available through Satellite's lending library:

(for Satellite participating programs only)

- [Technology and Digital Media in the Early Years: Tools for Teaching and Learning](#) (Donohue, Ed. 2014)
- [Beyond Remote-Controlled Childhood: Teaching Young Children in the Media Age](#) (Levin, 2013)

