

# Baby Brain Builders

limiting "screen time"



## Real Time vs. TV Time

A baby's brain can tell the difference between an actual person speaking to them and a person on a TV! Even when the TV image is speaking directly to the child, the brain does not get the same great information it gets from a person who is sitting with them talking.



## Joint Attention & Visual Tracking

Teach your baby how to share attention with another person by bringing focus to an event, activity or object.

This will help develop conversational skills for the future such as initiation, turn taking, and topic focus.

Using tangible objects rather than graphics on a screen creates a more meaningful experience. When a screen is available, your child may have a difficult time paying attention to other stimuli due to images on a screen providing more visual stimulation (but not yielding the same great language benefits)."



## Exposure to People, Places and Things

Instead of turning to TV programs to show your baby the outside world, choose a book, song, or toy that addresses a desired topic. You can pick something that is familiar to your child or try picking something new that excites you, that you want to share with your little one. Sharing these experiences help to build the foundation for your little learner!



## On Task Performance

Many TV programs use short, attention-grabbing scenes. Playing with your baby using age appropriate toys will help them attend to a given activity for sustained amount of time.

