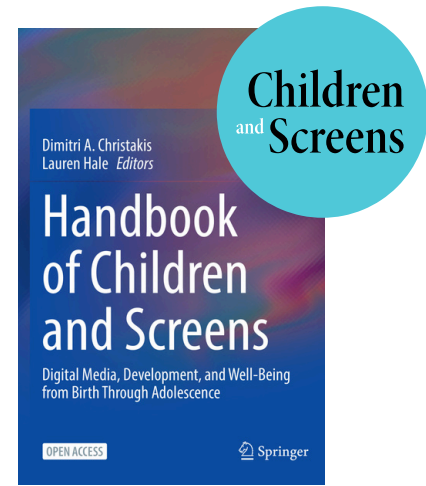


RECOMMENDATIONS

Digital Media Use, Kids, and Healthy Brain Development



bit.ly/handbook-of-children-and-screens



Parents, Caregivers, and Families

- Co-use digital media to provide children with helpful context.
- Be mindful of how background media can distract children.
- Encourage youth to engage with high-quality educational content and balance this with offline activities.
- Understand the limitations of digital education.
- Limit children's exposure to violent or aggressive content.
- Create screen-free spaces and prioritize face-to-face interactions.



Clinicians and Providers

- Facilitate family discussions about media use with open-ended questions.
- Recognize problematic digital media use in relation to content and context.
- Provide families with digital media intervention and resilience strategies tailored to their unique needs.
- Refer to ongoing research to consider how digital media use might impact children's brains and cognitive development.
- Create rigorous guidelines for defining high-quality educational content and encourage families to prioritize this content.
- Complete education in neurodivergence and apply to patient media recommendations.



Educators and Teachers

- Provide digital media literacy opportunities for children and encourage participation.
- Mindfully incorporate digital media in the classroom to supplement learning.
- Be mindful of neurodivergent children's needs.
- Provide students at-risk for problematic digital media use with appropriate resources.