Technology Use Age 1 Summary

Why Technology Use?

As a parent or someone in a parenting role, you play an essential role in your child's success. There are intentional ways to grow a healthy parent-child relationship and ensure your child develops a healthy relationship with technology. After all, technology is simply a set of tools that can serve the beneficial purposes of entertaining, educating, creating, connecting to others, and making life easier.

Model healthy technology habits.

- Because technology plays a significant role in family life, modeling how you use technology teaches young children more than your words ever could.

- Take a moment to think about the following: How are you disciplined about technology? Do you have rules for putting the laptop down and working away at the end of the day? Do you have times when you turn off or leave behind your phone? Share those practices with your child so that they understand that it's not only children who have to manage devices and cultivate healthy technology habits.

- Be sure that when you share the focus with your young child, whatever they are drawn to, your phone is put away and notifications turned off so that those distractions do not tempt you. Your focus will help build the critical executive function skill of focusing on your young child.

- Notice how you cope with challenges and uncomfortable feelings. Do you tend to use technology as an "escape"? Reflect and decide on ways in which you are going to calm down rather than tune out.

Here are some tips for time with your infant:

- Promote your child's healthy development. Sing songs while waiting in line or play games like "I Spy" instead of using devices to fill the time.

- Narrating your day and experiences with your preverbal child, who works hard to learn words, will support their language acquisition. Storytelling is also an excellent way to promote language comprehension.

- Notice and observe your child and their feelings as a guide. You might notice your child feeling more anxious, angry, or frustrated after time on a device. You might then say, "It seems like you are feeling _____. Is that right?" Be sure you reflect and learn from that indicator that it's too much, and allow your child plenty of time to spend on play, sleep, and other critical activities.

- Smile at your infant.

- Make eye contact.

- Use caring facial expressions.

- Be physically gentle and caring with your infant.

- Use words to celebrate and encourage. Recognize and call out when all is going well. When your infant tries new things, call it out: "I notice you reached for your toy. I love seeing you try new things."

- Build celebrations into your everyday routines. Promote joy and happiness by laughing, singing, dancing, hugging, and snuggling to appreciate one another.

Tip: The first year is filled with remarkable changes—not just for your child. Remember to recognize and celebrate your own development and milestones as a parent.

Tip: Reading together is essential for daily connection, meaning-making, and learning. For a list of picture books that highlight social and emotional skill themes, check out the following: https://confidentparentsconfidentkids.org/kid-resources/picturebooks/

Tip: Sharing the focus of your child's imaginative play can create opportunities to grow your trust and intimacy while helping your child develop valuable social and emotional skills and enhance brain development.