

Zero to Five

AAP Recommends:

No screen time for babies - 18 mos
(video chatting okay)

18 mo - 5 yrs - 1 hour or less daily of
quality programming
(co-viewing encouraged)



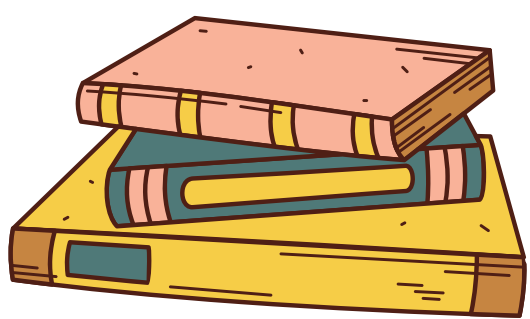
my favorite

Arlene

Recommends:

Forget YouTube exists and get a DVD player. You always know what's on and it ENDS! Don't give your child your tablet or smartphone.

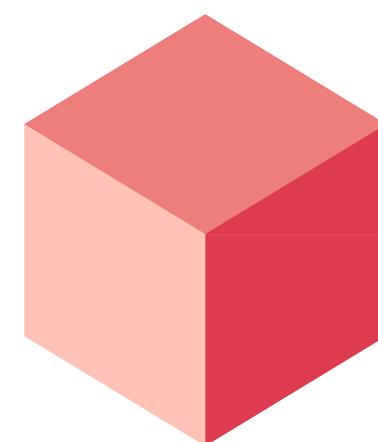
Give them a book.



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The dumber
the toy...
the smarter
the child!

***"Kids need to engage the world
in which they actually live."***

-Dr. Dimitri Christakis

**Video
chatting
is okay for
babies**



LISTEN TO THE EPISODE "ZERO TO FIVE"
ON THE HAPPY HOME PODCAST

ARLENE PELLICANE - HAPPYHOMEUNIVERSITY.COM

