



Niitty Project 2018–2020

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Sources and further information:

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Photographs: www.pixabay.com

Niitty – Developing a Peer-based Family
Training Model for Immigrants

ELECTRONICS AND A TODDLER'S SCREEN TIME

Elektroniikka ja pikkulapsen ruutuaika



A TODDLER UNDER 1 YEAR OLD DOES NOT NEED ELECTRONICS OR THE MEDIA AT ALL

It is a good idea for parents to pay attention to their own use of phone, computer and television while their child is still a baby, because it may take attention away from the baby and disturb him or her.

Loud noises and glaring lights often cause a baby to become too alert. They interest even a small baby, but a baby's brain is not mature enough to receive stimuli like these.



Children like phones, computers, tablets and other electronics. However, for the development of their brain, it's more important to interact, move and play outdoors.

The recommendation in Finland is that the time spent on electronics should be no more than the time spent exercising or playing outside, and preferably less.

A baby's brain is not ready to receive the stimuli electronics bring!



Adults are responsible for how much time their child spends watching screens and what content he or she sees!

A toddler under the age of 2 should only have very short moments of screen time. It is the adults' job to monitor that the contents of the websites, games and other applications children use are suitable for children.

A child's speech develops better in interaction with a close adult than when watching videos. Looking at and exploring books together is beneficial for a child. It helps the child to learn to understand speech and also to talk and allows the child to use all his or her senses.

