

# Digital Media in Early Childhood

## Education: Opportunities and Challenges

### Understanding the Role of Technology in Young Children's Development

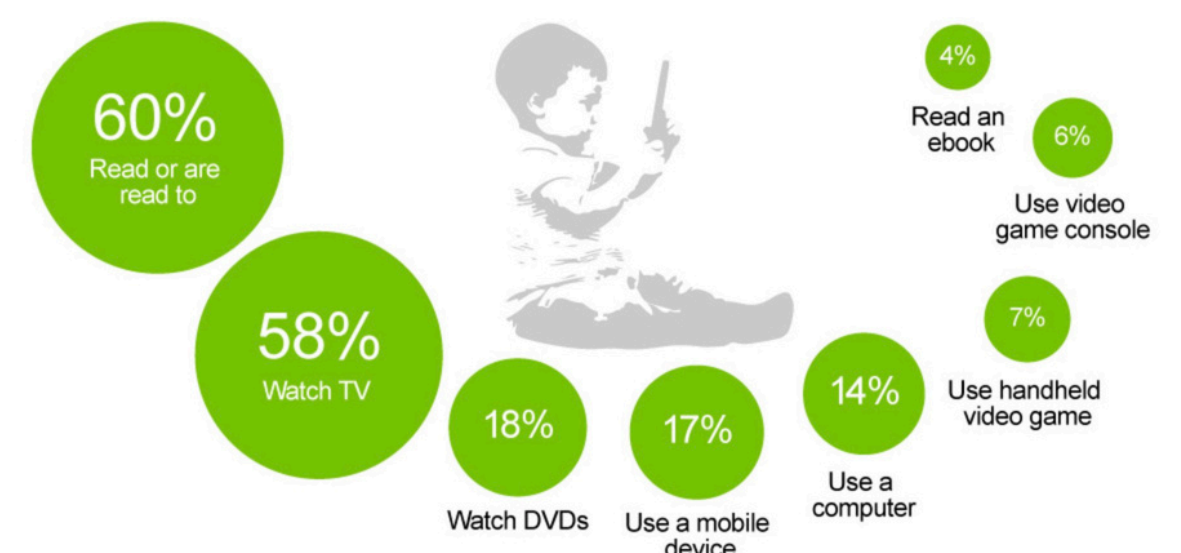


- Digital media is increasingly shaping how young children learn, play, and interact.
- Understanding its impact is crucial for supporting healthy development and learning.
- Educators and parents need evidence-based strategies to use technology responsibly.

- Digital devices like tablets and smartphones are widely used for entertainment, education, and communication.
- Guidelines are needed to ensure beneficial outcomes for children.

#### Nearly 1 in 5 Kids Use Mobile Devices Every Day

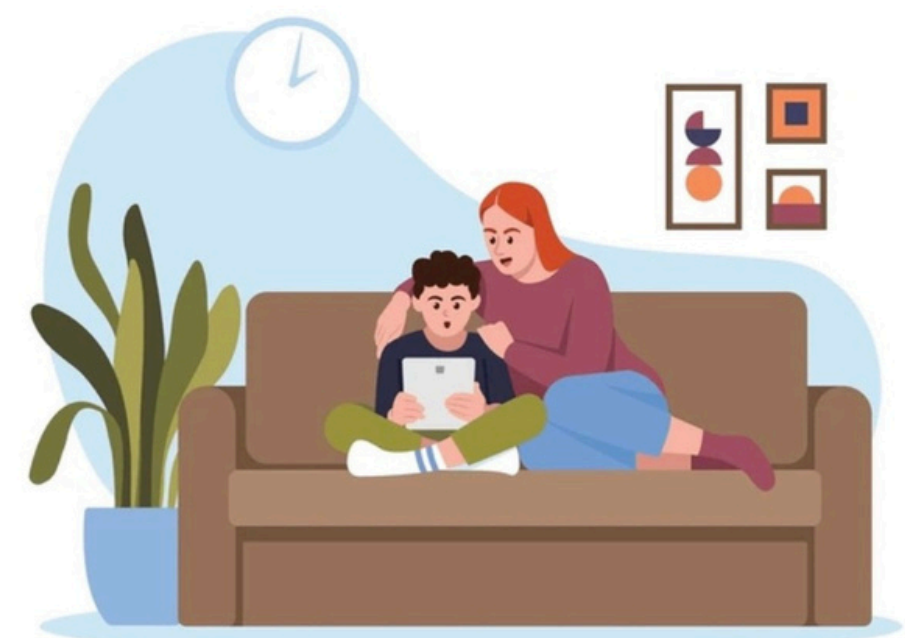
% of 0- to 8-year-olds in the U.S. who engage in the following media activities at least once per day\*



- Positive: Educational apps and programs can support learning and skill development
- Negative: Excessive or inappropriate use may lead to attention issues, sleep disturbances, and delayed language acquisition

### Parental Mediation

- Active engagement (e.g., co-viewing, discussing content) enhances learning and reduces risks.
- Parents play a key role in helping children develop healthy media habits.



### TECHNOLOGY



**ZERO to THREE**  
Early connections last a lifetime

Advocacy for the Topic: Focus on best practices for digital media use. These workshops would cover topics such as selecting high-quality educational content, setting appropriate screen time limits, and strategies for active engagement during media use

Reference: Mannell, K., & McDaniel, B. T. (2024). Digital media and technology use by families with infants, toddlers, and young children: A scoping review and call for forward momentum. *Journal of Children and Media*, 18(4), 455–472.  
<https://doi.org/10.1080/17482798.2024.2394939>

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