**For Parents of Ages 3–7**

**When Screen Time Starts Early: What to Watch For**

Even toddlers are using tablets today, and while that can support learning, it also opens the door to risks.

Kids this age can’t tell the difference between safe and unsafe content.

Stick with vetted, ad-free apps like PBS Kids or Khan Academy Kids. And remember: screens should never be a substitute for supervision. If you wouldn’t let them roam the neighborhood alone, don’t let them roam the internet alone either.

**What You Can Do**

* Use parental controls on every device.
* Choose ad-free, age-appropriate apps.
* Sit with your child during screen time to guide what they see and do.