

# Research-based Recommendations for Parents of Children Aged 2-6 years

## Introduction

The time that children spend with the media can be beneficial and valuable. Here are research-based essential information and recommendations for parents that can help their children get the most out of their time spent with the media.

1

**There is a difference between media literacy and the ability to operate a digital device.**

Children might learn to use digital devices quickly. However, that does not mean they are aware of the potential risks of digital media. It is up to parents to learn how to identify media suitable for their parents and navigate their children's media use.

2

**Choosing the right media should be a mindful and deliberate process.**

Many apps or games might be marketed as educational or interactive without any research backing these claims. That is why it is up to parents to assess the right media for their children critically. They should watch their children using the app or game and ask: What benefit does this have for my child? Is my child learning anything new?

3

**Consuming media should be a social activity.**

Research has proven that when parents co-view the media with children, ask questions about the content and help their children interpret it, children learn from the media easier and pay more attention to it.

4

**Positive feedback is important.**

Children also use digital media in interactive and creative ways. However, not all apps and games provide positive feedback or other positive reactions to children's engagement. Positive feedback is important for children. That is why parents should choose digital games, which give their children positive verbal feedback if they use them independently or provide them with positive feedback themselves.

## Sources

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