

Media  Parents

# MEDIA HABITS OF YOUNG CHILDREN

2-6  
years



# Content

- Media types
- Media Consumption - benefits and risks
- Parental Approaches
- Recommendations

# Media Types

- Print media
- Electronic media
- New Media

# Media Consumption

- Children in this age group spend on average **3 hours daily** consuming media
- Types of popular media consumed by children in this age group:
  - TV, DVD, videos
  - Print media
  - Media games (PC, mobile, video)
  - Music

# Media Consumption

## Benefits

- Richer vocabulary
- Academical learning
- Social learning
- Development of online skills

## Risks

- Poor mental development
- Poor well-being
- Bad sleeping
- Obesity

# Parental Approaches

- Restrictive Mediation
- Permissive Mediation
- Active Mediation
- Coviewing
- Scaffolding

# Sources

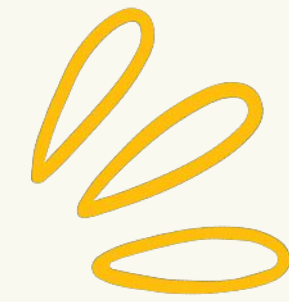
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- II. Common Sense Media <https://www.commonsensemedia.org/research>
- III. Uhls, Yalda T., and Michael B. Robb - How Parents Mediate Children's Media Consumption
- IV. Given, Lisa M. et al. - Coviewing, Scaffolding, and Children's Media Comprehension
- V. Family Media Plan  
[https://www.healthychildren.org/English/fmp/Pages/MediaPlan.aspx?\\_ga=2.15609718.1562957143.1642425771-1018802461.1638543523&\\_gl=1\\*s8vhi8\\*\\_ga\\*MTAxODgwMjQ2MS4xNjM4NTQzNTIz\\*\\_ga\\_FD9D3XZVQQ\\*MTY0MjQyNTc3MC4yLjAuMTY0MjQyNTc3MC4w](https://www.healthychildren.org/English/fmp/Pages/MediaPlan.aspx?_ga=2.15609718.1562957143.1642425771-1018802461.1638543523&_gl=1*s8vhi8*_ga*MTAxODgwMjQ2MS4xNjM4NTQzNTIz*_ga_FD9D3XZVQQ*MTY0MjQyNTc3MC4yLjAuMTY0MjQyNTc3MC4w)

# Recommendations

- I. Choose the right media
- II. Create a media plan
  - What kinds of media will your children consume
  - What parts of the day are dedicated to media consumption
  - What areas will be screen-free (f. e. the bedroom)
  - Decide on screen-free times (f.e. meals, bedtime)
- III. Engage in media consumption with your children
  - Co-view
  - Scaffold
  - Discuss media consumption and its content



# Thank



# You



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