



*Screens, Babies, and
Growing Minds –
Part 2:
Mapping
and Practical Strategies!*

Nina Newman, PhD

May 27, 2026

LA Best Babies Network

Screen Time Guidelines Based on Age



While it would be ideal that no child under age 5 have screen time, we know this is not realistic

- 18-24 months and under – No screen time except for video chatting with loved ones
- 2 – 5 years – Limit to 1 hour per day of high-quality, low stimulation programming and accompanied by a caregiver (co-viewing)

Agenda

- Screen time and families
- Talking with & working together
- Family needs and challenges
- Identifying and mapping screen time patterns
- Strategies

- Transitions from screen time to other activities
- Activity Suggestions
- Breakout Room Brainstorm & Discussion
- Low stimulation resources

How to Think About Screen Time:

What Parents May
Assume and What
We Want Them to
Know

Possible Assumptions

- It will make their children 'smarter'
- It will support speech and language development
- It will make them calmer
- Other ideas?

What We Want Them to Know

- How children really learn
- Relationships are key
- Foundations for brain development, speech and language, motor skills, sensory processing and behavior
- Effects of too much and/or inappropriate screen time

Talking to Families About Screen Usage

- Your relationship with parents/caregivers
- Good communication and trust
- Create a safe, non-judgmental space
- Be curious and wonder with them
 - What do they see as pros and cons?
 - What are their concerns about minimizing screen time?
- What is their support system?
- Reframe the idea of changes






Understanding Family Needs and Challenges

- As a provider, check in with yourself too
- Do have similar issues in your own family?
- How can you understand your own responses to support your interactions with the family?

Important to frame the following as curiosity not as judgement -

I am curious about.....

1. When you use screen time
 2. What happens when you say ‘no’
 3. How you redirect your child’s attention?
 4. Whether it is hard to set and stay consistent with boundaries
 5. What would you like to change, if anything.
- 

Identifying and Mapping Screen Time Patterns



When do you use it? Times of day?

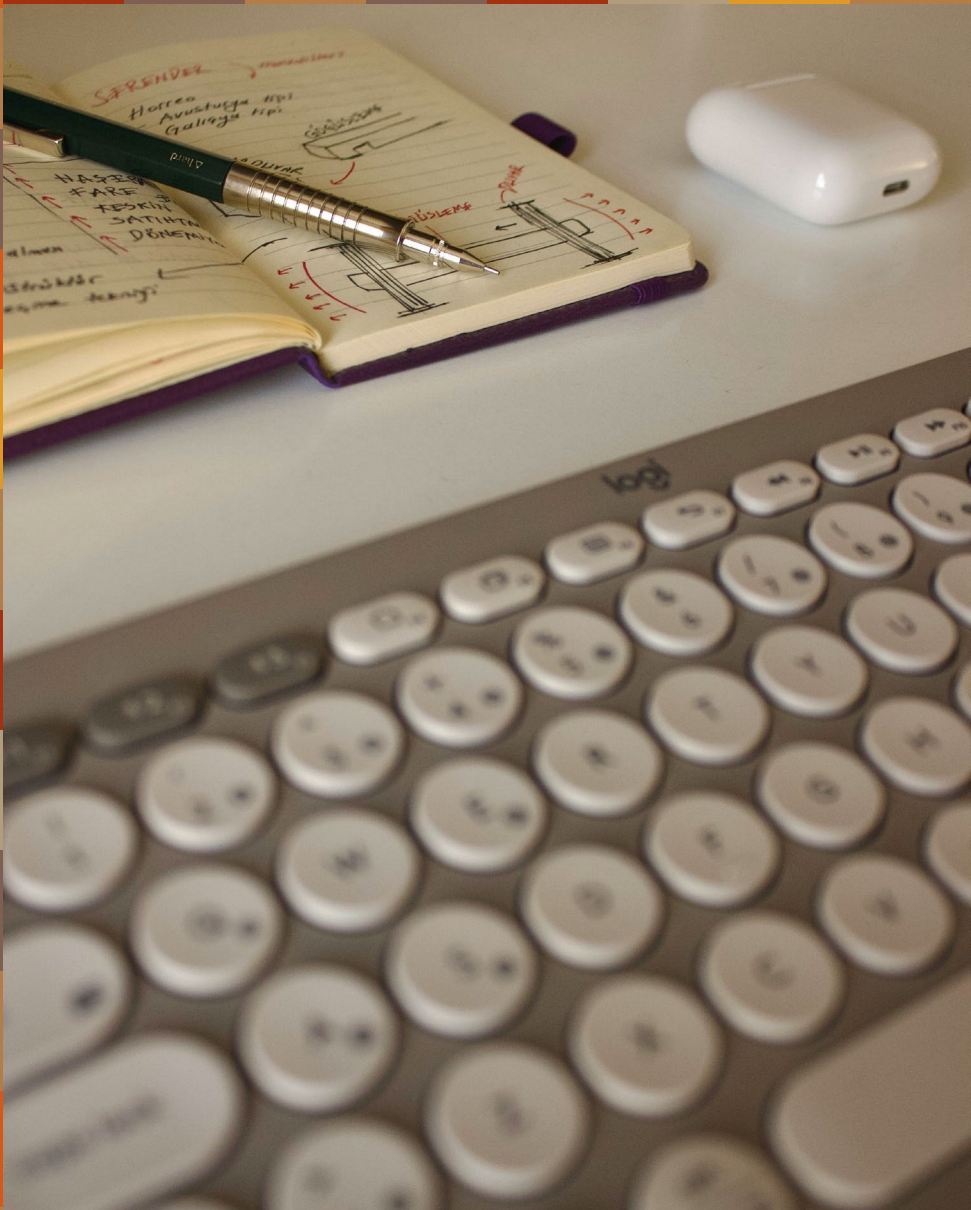
For what in particular?

How many hours a day?

What type of programming or FaceTime or other is used?

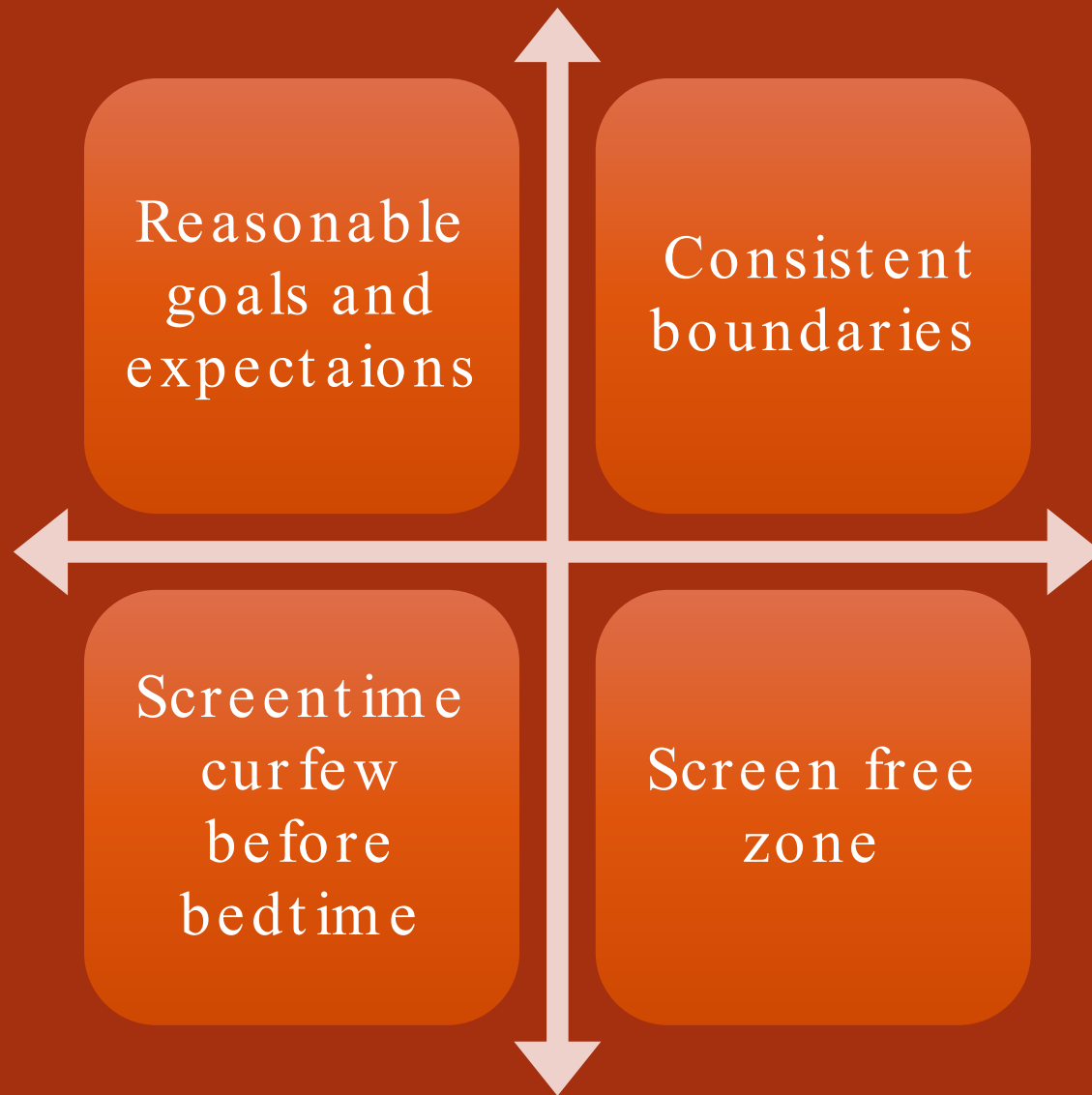
Time between end of screen time use and bedtime?

Parents own screen time – when, how and for how long



Developing Strategies

- When would you like your child to use screentime, why, and for how long?
- Partner to think about alternative activities
- Develop plans to scaffold the child's use
- Find language to talk with your child – words, phrases, tone
- Develop a schedule
- Build in reminders so the child can anticipate when, how, and for how long



Supporting Families Transitioning from High Screen Time to Other Activities

- Remind parents 'perfection' is not the goal
- Check in about how they feel about this and what they think
- Ask how else can you support this transition?

Some Ideas for Developing Alternative Routines and Activities

- Audio instead of video – children can listen to stories or music
- Helper roles
- Screen free activity zone
- Screen free morning and bedtime routines
- Modeling screen behavior

- Unstructured Play
- Paper and drawing/coloring supplies
- Manipulatives
- ‘Dance parties’
- Books
- Building



Breakout Room Brainstorm: Talking Points and Activities

Some Prompts for Discussion:

- How to approach parents
 - how might you phrase a question or help them be curious
 - “I wonder if...” Tell me more...
- What are your own concerns about asking parents to shift screentime habits?
- What are your ideas for alternatives?
- How can you help parents reframe their ideas and habits?

Discussion



Some Suggestions: Low Stimulation and Educational Programs



1. Bluey
2. Daniel's Tiger Neighborhood
3. Little Bear
4. Puffin Rock
5. Sarah & Duck
6. Trash Truck
7. Mr. Rogers Neighborhood (if you can find it)
8. Dragon Tales
9. Frog and Toad
10. Esme and Roy
11. If you Give a Mouse a Cookie
12. Lovely Little Farm



Thank you

- Nina Newman, PhD
- nina@ninanewmanphd.com
- <https://ninanewmanphd.com/>