

Resources Memo: COVID-19

What are developmentally appropriate ways to use technology and media with young children?

**Regional Educational
Laboratory
Central**

From the National Center for Education Evaluation at IES

What are developmentally appropriate ways to use technology and media with young children?

With young children home more than ever due to early care and education program closures, parents and caregivers are turning to technology to support learning. REL Central has compiled guidance and research on using technology and media appropriately to support the growth, learning, and development of young children.

- In 2016, the Office of Educational Technology at the U.S. Department of Education developed the [Guiding Principles for Use of Technology with Early Learners](#). The guidance discusses how the “thoughtful use of technology by parents and early educators can engage children in key skills such as play, self-expression, and computational thinking.”
- Also in 2016, the U.S. Department of Education and U.S. Department of Health and Human Services published the [Early Learning and Educational Technology Policy Brief](#). This brief provides information to help early educators (including those in home settings), early learning programs, schools, and families make informed choices on the use of technology by young children.
- In 2012, the National Association for the Education of Young Children (NAEYC) prepared a [position statement on technology use with young children](#). NAEYC has also curated numerous [technology and media resources](#) to support parents and early educators caring for infants, toddlers, and preschoolers.
- In 2016, the American Academy of Pediatrics provided [recommendations for children's media use](#), including limiting screen time to high-quality programs for children ages 2 to 5.
- Recent research studies have provided information on the [ability of young learners to effectively use tablets or smartphones](#) and the [appropriate use of media in children ages 0 to 3](#).
- In 2018, Zero to Three identified [Five Tips to Make the Most of Video Chats](#) to help children use technology to stay connected with loved ones.

Please contact REL Central if you have questions or need additional support:
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