

Use Screen Time to Build Connection and Spark Creativity!

Screens are a reality of our lives – today more than ever.

Here's a list of our favorite screen time resources.

PBS Kids

One of the most trusted sources for high-quality children's programming

- Shows and games for children age 2 and up
- All shows and games are completely free
- Available via PBS Kids website, apps, on PBS stations and streaming services

Common Sense Media

Feel good about the entertainment choices you make for children

- Rates movies, TV shows, books, and other content
- Organizes reviews and recommendations by child age
- Offers expert parenting advice for the digital age

Online storytime

There are many great options to choose from; here are just a few!

[Celebrities reading children's books](#)

It's entertaining for kids and adults alike!

[30 storytime videos to soothe worried minds](#)

Many of these stories were collected in response to the pandemic and can help children process their feelings about all of the changes.

[Daily virtual storytimes from Denver Public Library](#)

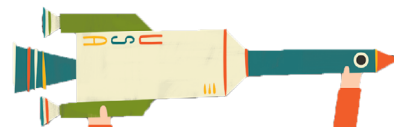
New stories recorded live daily with videos posted on DPL's YouTube channel at noon. Includes stories for babies, toddlers, and read-aloud videos for older children.

DON'T

feel guilty about it. We're all doing our best.

DO

pick high-quality content that is suitable for your child's age.



Getting Creative with Screen Time

Screen time can be a great tool to connect with kids and encourage their creativity. Try these ideas!

Build connection

- Set up a video chat for children with family and friends.
- Watch a video about how to make play dough and then make some together for your child to play with.

Spark creativity

- Find an art lesson on YouTube for your child's age group. They will practice fine motor skills while they watch and listen!
- Give children a challenge: "Take five pictures of different things that are round, and then draw a picture of them."
- Record a video of children singing, dancing or acting out a story. Then let them play with stickers and other editing tools.

We're all spending more time on screens — and it's OK. Just try to find balance each day.

- Spend time outside
- Be active
- Keep routines

PRO TIP: Check out this [great list of minimal supervision, screen-free activities](#) for children at every age!

