



## How to prepare Children for Media Literacy in the Early Years

In the scientific community more and more researchers agree with the fact that use of digital media is creating difficulties in development of the young children. In a policy statement of American Academy of Pediatrics one can read: “This policy statement addresses the influence of media on the health and development of children from 0 to 5 years of age, a time of critical brain development, building secure relationships, and establishing health behaviors.”<sup>1</sup>

In my contribution, I will answer the question: How can we prepare young children in an age appropriate way to Media Literacy? In mainstream education one generally agrees with the opinion that a use of digital media under control of adults is the best way to prepare children to use digital media. I will give arguments that a good preparation of some key competencies for the use of digital media like concentration, creativity, ability to make quick choices, capacity to distinguish between what is essential and what is less essential and the capacity to manage time in a realistic way, can be done in a child appropriate way without using digital media in Early Childhood settings. An important issue in this context is parents and teacher’s need to reflect on their own ways to use digital media in order to educate children on Media Literacy.

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<sup>1</sup> AAP COUNCIL ON COMMUNICATIONS AND MEDIA.  
Media and Young Minds. *Pediatrics*. 2016;138(5):e20162591