skills on the hill pediatric therapy

Screen-Time Swaps by Age

Simple, screen-free activities that build real skills

Screens aren't the enemy - but young brains and bodies grow most through movement, play, and back-and-forth connection. When you want an easy swap, reach for these developmentally rich alternatives.

NOTICE | TRY | BUILD | CONNECT | GROW

Babies (0-1)

Tummy time, peek-a-boo, mirror play, texture baskets, narrating your day

Toddlers (1-3)

Stacking and dumping, water play, bubbles, dancing, board books, simple pretend

Preschool (3-5)

Playdough, dress-up, obstacle courses, coloring, puzzles, "help me cook," outside play

Early school (5-8)

Building sets, board games, drawing, bikes and scooters, chores with a twist, backyard science

For everyone

The best "app" is you - kids learn language and regulation through connection, not content

Making the switch

Keep a "boredom basket" ready, offer two choices, expect some pushback, then let boredom spark play

Parent tip: Start small. Pick one idea that fits your family, practice it consistently, and build from there.