

WECAN STATEMENT ON DIGITAL MEDIA

Waldorf early childhood education aims to provide the foundational experiences that prepare children for the demands of modern life. Through activities and guidance based on children's development, we offer a multifaceted education that honors the young child's natural approach to learning. Meaningful connections to oneself, others, and the natural world are essential in the foundational stages of life before technological media literacy is introduced.

We advocate for the rights of all children to have a safe and healthy childhood. This is best supported through a deep understanding of basic developmental needs within the first seven years of life, including the following:

- Love, warmth, security, and stable relationships with caring adults are essential for the development of strong social-emotional intelligence.
- Young children are best served by sensory immersion in nourishing life experiences and opportunities for self-initiated play.
- Healthy development of children's small and large motor skill coordination requires active, embodied movement and learning through doing.
- The media images found in TV programs, videos, movies, social media, and computer games interfere with the children's own imaginations and affect their play and social interactions.
- Frequent screen time can contribute to delayed development, attentional difficulties, sleep disturbances, aggressive play, and may even lead to addictive tendencies.

Recommendations from experts in child development vary slightly regarding screen use for early childhood, but the research overwhelmingly supports limiting screen time for young children. We recommend that, as much as possible, children under three be completely free from all types of screen media. For children aged three to seven, we suggest minimizing exposure to smartphones, iPads, computers, videos, television, movies, and other media devices.