

# THE LOW-STIMULATION SHOW GUIDE: A REALISTIC MOM'S CHEAT SHEET

Because zero screens are best,  
but survival is also necessary

## LOW-STIMULATION (THE GOLD STANDARD)

### MS. LOLO

Speech-Language Pathologist led; uses mouth mapping and intentional pauses

### MS. APPLE

Human-led, gentle learning that feels like a calm classroom

### PUFFIN ROCK

Soft palette, nature-based, and paced for young brains to follow

### WINNIE THE POOH (ORIGINAL)

Hand-drawn animation focusing on friendship and patience

### LITTLE BEAR

The ultimate "slow" show with quiet dialogue and natural sounds

### GUESS HOW MUCH I LOVE YOU

A moving storybook with soothing watercolor aesthetics

### BEAR IN THE BIG BLUE HOUSE

Gentle giant energy that teaches empathy and hygiene

### TRASH TRUCK

Modern but quiet; handles emotions with kindness and slow pacing

### GECKO'S GARAGE

A calm, problem-solving alternative for truck-loving toddlers

### MISTER ROGERS' NEIGHBORHOOD

Respectful pacing that gives children time to think

### ELINOR WONDERS WHY

Encourages nature observation with a soft visual style

## PROCEED WITH INTENTION

### MS. RACHEL

Clinically proven "Parentese" and speech techniques, but can still lead to a "screen trance" if watched passively

### BLUEY

Incredible for modeling "Active Play," but humor and pacing can be fast for solo toddler viewing.

## HIGH-STIMULATION (THE "BRAIN CANDY")

### PAW PATROL

High-alert "hero" music and frequent emergencies keep the nervous system wired

### PEPPA PIG & CAILLOU

Models rude, whiny, or sassy behavior that toddlers easily mirror

### COCOMELON & BLIPPI

Constant dopamine spikes due to 1-3 second scene changes

### PINKFONG (BABY SHARK)

Fast visual/auditory pacing designed to be addictive

# MY TODDLER'S SCREEN TIME AUDIT

TRACKING THE "POST-TV MOOD" TO IDENTIFY SENSORY TRIGGERS

| DAY       | SHOW<br>WATCHED | DURATION | POST TV<br>MOOD |
|-----------|-----------------|----------|-----------------|
| MONDAY    |                 |          |                 |
| TUESDAY   |                 |          |                 |
| WEDNESDAY |                 |          |                 |
| THURSDAY  |                 |          |                 |
| FRIDAY    |                 |          |                 |
| SATURDAY  |                 |          |                 |
| SUNDAY    |                 |          |                 |

## STRATEGY CHECKLIST:

- Is it a routine? Don't use screens to fix a tantrum; use them as a scheduled tool.
- Is the background off? Avoid "passive" TV noise; it interferes with language development.
- Is there a bridge? Always use a visual timer or "one more song" warning before turning it off.
- Pay attention to your child's mood after switching off the show - calm/wired/meltdown

