

■ Low-Simulation Preschool & Toddler Shows ■

A calming list of gentle-paced, developmentally appropriate shows for preschool-aged children (ages 2-5).

Show	Where to watch	Notes
Little Bear	Paramount+, Amazon Prime Video	Calm, gentle forest adventures.
Bluey	Disney+	Warm, family-focused, slower pace.
Puffin Rock	Netflix	Nature-oriented, soothing visuals.
Trash Truck	Netflix	Slow-paced story about a boy and his truck.
Tumble Leaf	Amazon Prime Video	Stop-motion feel, gentle learning themes.
Daniel Tiger's Neighborhood	PBS Kids, Amazon Prime Video	Focus on emotions and social skills.
Franklin and Friends	Amazon Prime Video	Classic, gentle moral lessons.
Sarah & Duck	Amazon Prime Video, YouTube	British, serene, slower pace.
Guess How Much I Love You	Peacock, Tubi, Amazon Prime Video	Calm adventures between hares.
Kipper	Amazon Prime Video	Quiet countryside adventures.
Peppa Pig	Netflix, Amazon Prime Video	Simple humor, gentle tone.
Blue's Clues (and You)	Paramount+	Interactive yet calm pacing.
Sesame Street	Hulu, Amazon Prime Video	Classic, educational, moderate pace.
Winnie the Pooh	Disney+	Timeless and gentle storytelling.
Frog and Toad	Apple TV+	Book-based, calm storytelling.
Stillwater	Apple TV+	Mindful, slow-paced, and soothing.
Super Why!	PBS Kids, Amazon Prime Video	Calm literacy-focused adventures.
Postman Pat	Amazon Prime Video, YouTube	Friendly neighborhood show with low energy.
Creative Galaxy	Amazon Prime Video	Art-based, quiet problem solving.

■ Parent Tips for Use

- Preview an episode before letting your child watch to check pacing and visuals.
- Co-watch when you can – talk about feelings, events, or lessons.
- Use these shows for calm times: transitions, nap prep, or bedtime.
- Encourage balance with play, reading, or outdoor time afterward.
- Streaming availability changes – if one service doesn't have it, try the alternatives listed.
- Print this handout to share with caregivers or display near your TV area.