

## SCREEN TIME RECOMMENDATIONS

- **18-24 month old children: discourage screen time, except some video chatting to stay in touch with family or friends.**
- **2-5 years old: limit screen time to less than one hour a day of high quality screen time**

**What is high quality screen time?** Programming with music, movement, stories or interaction. We recommend you preview programs, games, or apps before allowing your child to view or play with them

**Commonsensemedia.org/** is a great website to learn more. You can also set parental controls to block or filter content, as well as set time limits on devices. Also, have your child close by so you can supervise their use, or watch with your child and discuss what you're watching and educate him/her about advertising and commercials. Kids under 7 can't distinguish between make-believe and reality, which makes them especially vulnerable to advertising. Overexposure to images of violence, sex, and alcohol and to harsh language not only can influence kids' behavior; it also can have a long-lasting emotional impact.

A constantly running TV can interfere with parent-child interactions, which kids need for healthy development. Remember, unstructured play time is important for building creativity, so young children should have time to play away from screens every day. Family meals and bedtimes are also important times to put the screens away and interact with your child. Make a daily plan for structure, relaxation and human connection opportunities. Be a good example for your child; put down your phone, turn off the TV, and play together!

**“Each day of our lives we make deposits in the memory banks of our children.”**

Charles R. Swindoll

1. <https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/screen-time/art-20047952>
2. <https://www.nytimes.com/2020/04/13/p parenting/manage-screen-time-coronavirus.html>
3. <https://services.aap.org/en/news-room/news-releases/aap/2020/aap-finding-ways-to-keep-children-occupied-during-these-challenging-times/>
4. <https://kidshealth.org/en/parents/screen-time-baby-todd.html>

## How too Much Screen Time Affects Children



### Psychosocial Risks

There is a lack of social interaction and engagement with family and peers.



### Language Delays

There are fewer vocalizations and less babbling from infants. Significant expressive and receptive language delays in preschool children.



### Physical Health

There are increases in childhood health disorders such as obesity and diabetes.



### Impediments with Life Skills

Children are experiencing an inability to tie shoes, swim, ride a bike, or build blocks when exposed to too much screen time.



### Advertising Concerns

On TV, there are food related advertisements that lead to more snacking and higher rates of being overweight in young children.



### Poor Sleep Quality

Children have decreased quality and quantity of sleep resulting in increased behavioral concerns at home and school.



**Prenatal Yoga is a great way to alleviate aches and pains associated with your growing baby, help you feel strong (and calm) and prepare your body for labor. They can help with hip tightness, low back pain, energy levels and stress. More information can be found on page two and here:**

**<https://tinyurl.com/ybfe7rxm>**

**Before you start any form of exercise in your pregnancy, be sure to get the okay from your doctor.**

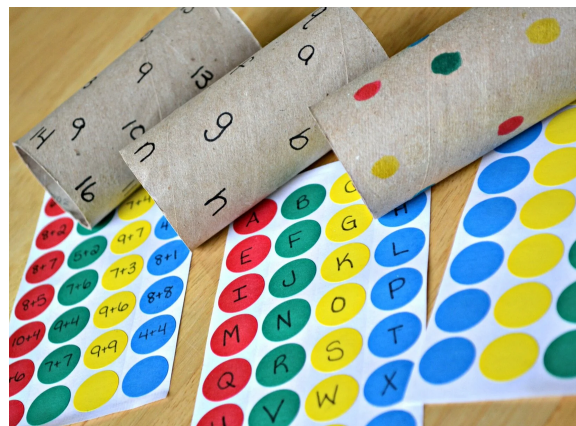
**Here is a link to a Prenatal Yoga video that you can view at home:**

**<https://tinyurl.com/y9pwfdld>**

# TOILET PAPER TUBES

Start saving your leftover toilet paper tubes. They can be used for a variety of craft projects for your child:



1. Snake: cut the tubes in half, paint, cut holes in each end, then have your child string the tubes together with yarn or ribbon. Add googly eyes and a tongue to complete the snake.
2. Necklace: Cut the tubes in half, have your child paint them, let dry, then string together with yarn or ribbon.
3. Pipe Cleaner: Cut holes all over the tubes then encourage your child to fit pipe cleaners through the holes.
4. Spiral Snake: Have your child paint the outside of a tube. Once it is dry, cut the tube as a spiral and add eyes.
5. Shape Painting: Bend a tube into different shapes (square, triangle, heart, star) to be used as stamps. Have your child dip the stamps into paint and press on paper to create new artwork.
6. Feelings Friends: Cut a quarter sized hole in the side of a tube. Roll up a piece of colored paper and slide it into the tub. Use a pencil to trace the hole. Turn the paper and trace more circles for more faces. Decorate your tube to give your doll clothes and hair. Slide the paper back in to the tube. Spin the paper from the top to change the doll's feelings.
7. Octopus-have your child paint the outside of the tube and let dry. Then carefully cut and fold 9 slits halfway up the tub to create the octopus' eight legs. Decorate with eyes.
8. Binoculars: Glue the sides of two tubes together and wrap with a long piece of construction paper. Decorate with stickers, paint, or markers. Cut two holes on one end of the tubes and string yarn or ribbon to create a strap. Use the binoculars to use on a scavenger hunt!
9. Matching- write letters, numbers, or color dots around the outside of a tube and on dot stickers. Have your child match the letters, numbers, or color dots.





# YOUR WORDS

# MATTER

	INSTEAD OF...	TRY
	Be quiet.	Can you use a softer voice?
	What a mess!	It looks like you had fun! How can we clean up?
	Do you need help?	I'm here to help if you need me.
	I explained how to do this yesterday.	Maybe I can show you another way.
	Do I need to separate you?	Could you use a break?
	Stop crying.	It's okay to cry.
	Do you have any questions?	What questions do you have?
	You're OK.	How are you feeling?
	It's not that hard.	You can do hard things.
	We don't talk like that.	Please use kind words.

