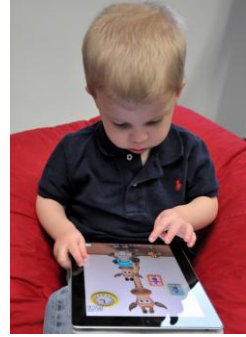


THE IMPORTANCE OF LIMITING  
& MONITORING SCREEN TIME

AND PROMOTING ESSENTIAL SUMMER READING!

# RECENT STATISTICS ON SCREEN USE



- Kids ages 5 to 8 spend nearly 3 hours with screen media daily.
- About 35 percent of children's screen time is spent with a mobile device, compared to 4 percent in 2011.
- Preschoolers who watch less than one hour of TV per day get 22 more minutes of sleep at night – or nearly 2.5 hours per week – than those who watch more than an hour of TV daily.
- Some 54 percent of kids in the UMass Amherst study are not meeting the WHO's TV-viewing guidelines on weekdays, and the figure jumps to 87 percent on weekends, Spencer says.

(Spencer & Helm study)

# THE EFFECTS OF SCREEN TIME ON THE BRAIN



- Screens stimulate the pleasure center of the brain with increased levels of dopamine (the feel good neurotransmitter) and keeps the fight or flight response on a perpetual high alert-resulting in increased aggression, hypervigilance and overactivity.
- “Our sensitivity to stimuli is decreasing at a rate of 1% a year-15 years ago people could distinguish 300,000 sounds now kids can identify 100,000...20 years ago people could detect 350 different shades of a color...now the number is 130.” (Joseph Chiltern Pearce discussed this study mentioned in Glow Kids, by Nicholas Kardaras)

# WHICH MEANS...



- We are not designed to be in a continual state of hyperarousal.
- We need information to be louder, brighter, flashier to grab our attention.
- How can the real world compete with this....how can reading a book or listening to a teacher grab one's attention?

# WORD HEALTH ORGANIZATION GUIDELINES



Children 3-4 years of age should:

- **Spend at least 180 minutes in a variety of types of physical** activities at any intensity, of which at least 60 minutes is moderate- to vigorous intensity physical activity, spread throughout the day; more is better.
- **Not be restrained for more than 1 hour at a time** (ie: strollers) or sit for extended periods of time. **Sedentary screen time should be no more than 1 hour; less is better.** When sedentary, engaging in reading and storytelling with a caregiver is encouraged.
- **Have 10–13 hours of good quality sleep**, which may include a nap, with regular sleep and wake-up times.

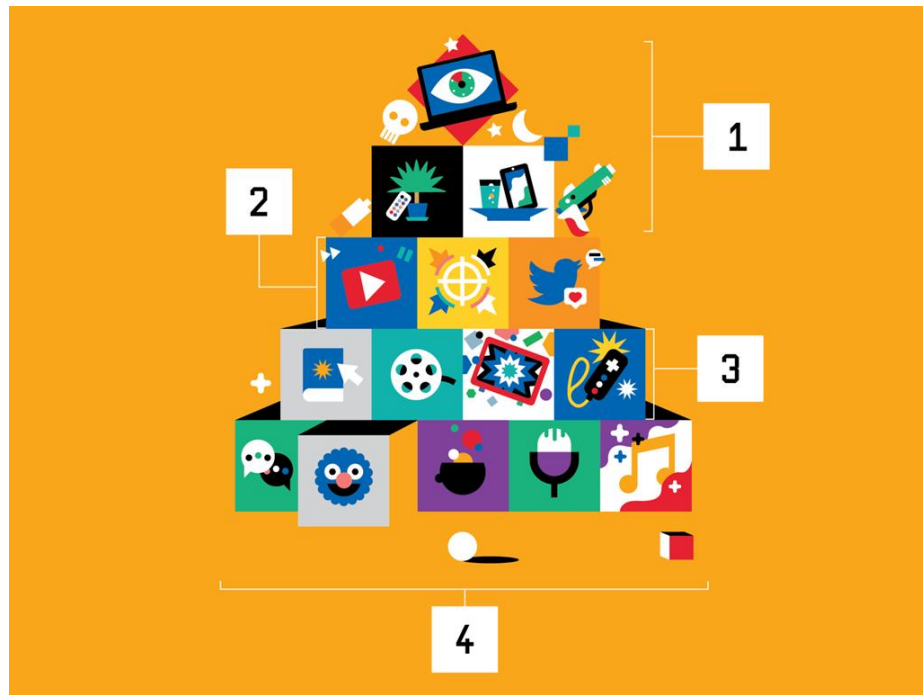
# HOW TO ESTABLISH HEALTHY SCREEN HABITS



- Assess your own screen use and model healthy behavior.
- Set aside screen-free time periods during the day for everyone in the house.
- Create media free zones in your house.
- Give your full attention when spending time with your child or speaking with them



# NOT ALL SCREEN USE IS EQUAL



1. Use Sparingly-before bed, during mealtimes, background TV
2. Use Occasionally-You tube, video games
3. Use Moderately-interactive ebooks, movies, tv, active video games
4. Use Freely-video chats with family, music, audio books, co-viewing PBS Sesame Street (Wired magazine)

# RECOMMENDATIONS

- Limit screen time to 1 hour daily of high quality programming. (look at bottom tier of the pyramid)
- Be purposeful and thoughtful about how and when you use screen time. (Be careful about using screens as babysitters.)
- Designate a few screen-free days each week.
- Encourage kids to play outside and take frequent breaks.
- Ensure that your child:
  - has conversations with peers and adults, sufficient sleep, periods of boredom and waiting...DAILY.
  - engages in active play, imaginative play, and reading...DAILY.



# SUMMER READING

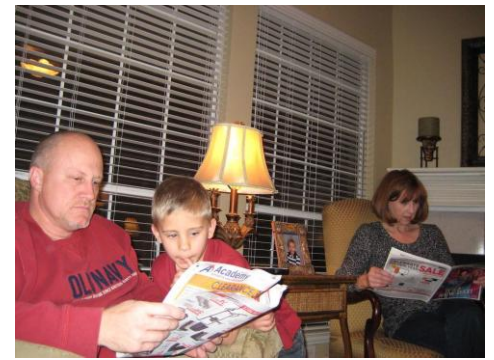


- Evidence suggests one to three months of learning is lost for the average student who doesn't read during the summer.
- The loss can be as much as **three to five months for struggling readers.**
- The best predictor of summer loss or summer gain is whether or not a child reads during the summer.
- Just 10-15 minutes a day will maintain your child's skills.



# WHAT PARENTS CAN DO

- Have family reading time daily.
- Visit the library regularly & browse at bookstores.
- Read to your kids while they eat breakfast. (bathe, settle in for bed, wait for friends to arrive...)
- Bring books to the beach, on vacation. Listen to them in the car.
- Honor children's choices. (comic books, silly poetry, jokes & riddles)
- Employ the 4 E's: **encourage, entice, enjoy, expect**  
(avoid bribery!)



# THINGS TO NOTE

- Kids need **high-success** reading.

(99% word recognition & 90% comprehension)

- **Hard reading doesn't produce growth and can turn kids off from reading.**
- **Reading aloud to children** has been identified as being the single most effective way to promote academic success.



# HIGH SUCCESS READING

## Leveled books are available:

<https://www.the-best-childrens-books.org/guided-reading-levels.html>

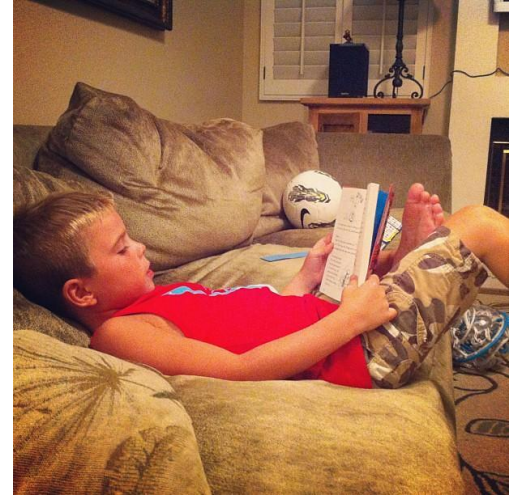
<https://leveledreader.com/product-category/shop-by-level/>

[https://www.scholastic.com/teachers/teaching-tools/collections/guided-reading-book-lists-for-every-level.html?adobe\\_mc\\_ref=https%3A%2F%2Fwww.google.com%2F&adobe\\_mc\\_sdid=SDID%3D4E04788054773182-56E10869457AA6B4%7CMCORGID%3DAA923BC75245B3F90A490D4D%2540AdobeOrg%7CTS%3D1560269090#](https://www.scholastic.com/teachers/teaching-tools/collections/guided-reading-book-lists-for-every-level.html?adobe_mc_ref=https%3A%2F%2Fwww.google.com%2F&adobe_mc_sdid=SDID%3D4E04788054773182-56E10869457AA6B4%7CMCORGID%3DAA923BC75245B3F90A490D4D%2540AdobeOrg%7CTS%3D1560269090#)

## Make it fun!

## Promote independence/self-monitoring: (don't over-correct!)

*"Did that sound right? Make sense? Wow, that made sense, didn't it?"*



# BOOK LISTS- (DON'T OVER-RELY ON LEVELS)

<https://www.greatschools.org/gk/book-lists/favorite-books-for-first-graders/>

<https://www.readbrightly.com/>

<https://www.readbrightly.com/summer-books-for-growing-readers/>



**The Children's Librarians are a terrific resource!**

# THINK ALOUD AS YOU READ

- Talk about what the words are making you picture in your mind .
- Tell your child when you're surprised, confused, wondering something, predicting something will happen...
- Stop and retell the facts you learn or find interesting.
- Compare the book to others you've read.
- Model word solving. (croc-o-dile)
- Encourage your child to share his thinking with you.



# FINAL NOTES



- It's never too late.
- It takes two weeks to create a habit!
- Parenting can be challenging. Don't expect perfection!
- These are critical years. How you parent now will set you up for success later.
- Don't succumb to pressure. *Be the change* you want to see in your child's world!