

Dear Families,

Thank you to all of the parents who attended the workshop Mrs. Schmid and I presented this week on the importance of managing children's screen time and promoting daily reading this summer. We had a great discussion and sharing of ideas!

**Here are some key points from our discussion:**

- **Set limits:** Screen time for young children should be limited to one hour a day, including television. (preferably high quality programming)
- **Create tech-free times or zones for your family:** Have times during the day when there are no devices used and/or establish places where their use is not permitted. (e.g. bedrooms, dinner table)
- **Encourage playtime:** Play is the "work" of children. Physical play is essential- running, climbing, jumping, etc. Board games build number concepts, turn-taking skills, and sportsmanship. Imaginative play provides opportunities for language development, social interaction, role playing, and conflict resolution.
- **"Allow" children to be bored:** Children benefit from learning to delay gratification and entertain themselves. Unstructured time stimulates creativity.
- **Ensure children get enough sleep:** 10-13 hours a day are needed at this age. Be aware that the use of screens has a negative effect on sleep.
- **Understand the effects of too much screen time:** Research shows that video games increase levels of dopamine (the feel good neurotransmitter) and the fight/flight response in the brain. This can cause increases in aggression, over-activity, and inattention. (Children who spend too much time on screens need a bright, loud, and flashy presentation in order to maintain interest and focus.) This impedes their ability to pay attention to oral language, including classroom instruction and read alouds.
- **Read to your children daily:** Reading aloud to your child builds vocabulary, knowledge base, a sense of story, critical thinking skills, and a lifelong habit of reading.
- **Try audiobooks and podcasts:** Listening to stories and information builds children's ability to visualize- an essential skill for readers.

**Here is the link to the presentation:** (It is also being posted on the Goosehill website under *Information for Parents*.)

<https://www.csh.k12.ny.us/cms/lib/NY02214132/Centricity/Domain/633/Screen%20Time%20%20-%20Summer%20Reading.pdf>

[https://docs.google.com/presentation/d/1jouwHzldt\\_Bj2cTe09SHACYm5ss9z-XNI4aKh92nZXS/edit?usp=sharing](https://docs.google.com/presentation/d/1jouwHzldt_Bj2cTe09SHACYm5ss9z-XNI4aKh92nZXS/edit?usp=sharing)

I will be sharing lists of recommended books and will include one of our parents' recommendations for podcasts (Thank you, Mrs. Weber!) in an upcoming email filled with resources to help you keep your child reading (and listening!) this summer.

Please also note that the Cold Spring Harbor Children's Librarian visited with the children yesterday to invite them to join the library's Summer Reading Club. Look for the flyer in your child's backpack and try to attend the kick-off event on Thursday evening between 5 and 7 p.m.

Happy Father's Day! Enjoy the weekend!

Lynn Herschlein