

# LET'S MOVE! Child Care

## Set Limits for Screen Time

### Here's a tip!

Choose an activity, such as building a fort, dancing, or playing hide and go seek instead of watching TV.

For children 2 and up, work to limit screen time to 30 minutes per week during child care, with no more than 1-2 hours per day of quality screen time at home. Children under the age of 2 should not have screen time. This includes TV, videos, DVDs, computers, video games, and handheld devices

**The Washington State Active Bodies, Active Minds (WAABAM) program** is dedicated to providing online resources and materials to help child care providers and families learn more about encouraging physical activity and limiting



screen time. The WAABAM program has a toolkit, as well posters, handouts, bookmarks and other family-friendly materials for being active as a family, reducing TV watching, family meals, and a whole lot more under their **Healthy Habits** section of the website. The WAABAM program has been successful with developing and using screen time education materials with child care providers and families since 2006, reaching over 1400 providers and 23,000 children and families.

### Here are more tips from TXT4TOTS on limiting screen time:

- 1 As parents, try to set screen time limits for the entire family. After the time is up, play board games or work on a puzzle together.
- 2 Eating in front of the TV during meal and snack times can lead to overeating and weight gain as children get older. Try to set a goal of no TV watching while eating.
- 3 Evening routines help the family unwind from a busy day and your toddler go to bed easier. Try reading a book or listen to a favorite song together.
- 4 If you need a break and want to let your child watch TV, set a timer for 30 minutes. You can get a lot done and know how much time she watched TV.
- 5 As a child care provider, be clear with your parents about your child care program's TV rules. Talk with parents about ways to set screen time limits when their child is home.

For other ideas and resources, check out the *Let's Move!* Child Care website at [www.healthykidshealthyfuture.org](http://www.healthykidshealthyfuture.org).

For quick tips on healthy eating and activities check out Let's Move Twitter <https://twitter.com/letsmove>.

# What Is Screen Time?

SCREEN TIME IS THE **TOTAL** TIME SPENT BY:



WATCHING TV



ON A COMPUTER



PLAYING VIDEO GAMES



USING A SMARTPHONE OR TABLET

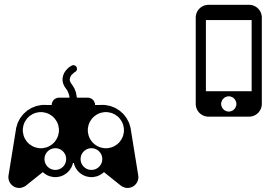
## DID YOU KNOW?

Toddlers exposed to more screen time had higher rates of speech & language delay.

For every 30-minute increase in daily handheld screen time, there was a 49% increased risk of expressive language delay!

American Academy of Pediatrics (2017) Handheld Screen Time Linked with Speech Delays in Young Children

Screen time has also been linked to: obesity, behavioral problems, and loss of social skills.



## HOW MUCH SCREEN TIME?

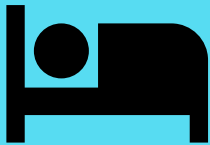
American Academy of Pediatrics Recommends:

- Birth to 2 years- NO screen time
- 2-5 years of age- Up to 1 hour daily
- School Age Children- 1-2 hours daily



## SET GUIDELINES

Set device free zones and family rules for screens



- No devices in bedrooms
- Turn screens off an hour before bed
- No devices during dinner time

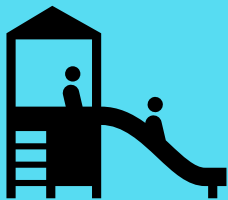
## STAY INVOLVED

- Research games and apps to make sure that they are **appropriate** and **high quality** at [www.commonsensemedia.org](http://www.commonsensemedia.org)
- Watch videos with your child and talk about them
- Encourage hobbies outside the online world



## PRIORITIZE PLAY!

We know the best way to help children learn and grow is to **play and interact with them!** Children develop speech, language, and social skills through playing with peers and adults. Have fun during everyday interactions like bath time, meal time, and at the grocery store.



Screen time will not promote your child's development, but we can't ignore that, allowed occasionally, it can help you get through a busy day. Whenever possible, when your child watches media on your phone or tablet, talk about it or even re-enact it together!

## SOURCES:

- American Academy of Pediatrics (2017). American Academy of Pediatrics Announces New Recommendations for Children's Media Use. Retrieved from <https://www.aap.org/en-us/about-the-aap/aap-press-room/pages/american-academy-of-pediatrics-announces-new-recommendations-for-childrens-media-use.aspx>
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- Christakis, D. A. (2009). The effects of infant media usage: what do we know and what should we learn? Review Article. *Acta Paediatrica*, 98, 8-16.
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# Beyond Screen Time: A Parent's Guide to Media Use

Media in all forms, including TV, computers, and smartphones, can affect how children and teens feel, learn, think, and behave. However, parents (you) are still the most important influence.

The American Academy of Pediatrics (AAP) encourages you to help your children develop healthy media use habits early on. Read on to learn more.

## Media Use and Your Children

You can decide what media use is best for your family. Remember, all children and teens need adequate sleep (8–12 hours, depending on age), physical activity (1 hour), and time away from media. (See the “Media Use Guidelines” chart for general guidelines for media use based on age.)

Because children today are growing up in a time of highly personalized media use experiences, parents must develop personalized media use plans for their children. Media plans should take into account each child's age, health, personality, and developmental stage. Create a Family Media Use Plan online at [HealthyChildren.org/MediaUsePlan](http://HealthyChildren.org/MediaUsePlan). By creating a Family Media Use Plan, parents can help children and teens balance their media use with other healthy activities.

## Why use digital media?

- Digital media use can
  - Expose users to new ideas and information.
  - Raise awareness of current events and issues.
  - Promote community participation.
  - Help students work with others on assignments and projects.
- Digital media use also has social benefits that
  - Allow families and friends to stay in touch, no matter where they live.
  - Enhance access to valuable support networks, especially for people with illnesses or disabilities.
  - Help promote wellness and healthy behaviors, such as how to quit smoking or how to eat healthy.

## Why limit media use?

Overuse of digital media may place your children at risk of

- **Not enough sleep.** Children with more media exposure or who have a TV, computer, or mobile device in their bedroom sleep less and fall asleep later at night. Even babies can be overstimulated by screens and miss the sleep they need to grow. Exposure to light (particularly blue light) and stimulating content from screens can delay or disrupt sleep and have a negative effect on school.
- **Delays in learning and social skills.** Children who watch too much TV in infancy and preschool years can show delays in attention, thinking, language, and social skills. One of the reasons for the delays could be because they interact less with parents and family. Parents who keep the TV on or focus on their own digital media miss precious opportunities to interact with their children and help them learn. Children and teens often use entertainment media

at the same time they're doing other things, such as homework. Such multitasking can have a negative effect on school.

- **Obesity.** Watching TV for more than 1.5 hours daily is a risk factor for obesity for children 4 through 9 years of age. Teens who watch more than 5 hours of TV per day are 5 times more likely to have overweight than teens who watch 0 to 2 hours. Food advertising and snacking while watching TV can promote obesity. Also, children who overuse media are less apt to be active with healthy, physical play.
- **Behavior problems.** Violent content on TV and screens can contribute to behavior problems in children, either because they are scared and confused by what they see or they try to mimic on-screen characters.
- **Problematic Internet use.** Children who overuse online media can be at risk for problematic Internet use. Heavy video gamers are at risk for Internet gaming disorder. They spend most of their free time online and show less interest in off-line or real-life relationships. There may be increased risks for depression at both the high and low ends of Internet use.
- **Risky behaviors.** Teens' displays on social media often show risky behaviors, such as substance use, sexual behaviors, self-injury, or eating disorders. Exposure of teens through media to alcohol, tobacco use, or sexual behaviors is associated with earlier initiation of these behaviors.
- **Sexing, loss of privacy, and predators.** Sexing is sending nude or seminude images, as well as sexually explicit text messages, using a cell phone. About 12% of youth 10 to 19 years of age have sent a sexual photo to someone else. Teens need to know that once content is shared with others, they may not be able to delete or remove it completely. They may also not know about or choose not to use privacy settings. Another risk is that sex offenders may use social networking, chat rooms, e-mail, and online games to contact and exploit children.
- **Cyberbullying.** Children and teens online can be victims of cyberbullying. Cyberbullying can lead to short- and long-term negative social, academic, and health issues for both the bully and target. Fortunately, programs to help prevent bullying may reduce cyberbullying.

## More Media Use Tips for Parents, Families, and Caregivers

- Do not feel pressured to introduce technology early. Media interfaces are intuitive, and children can learn quickly.
- Find out what type of and how much media are used and what media behaviors are appropriate for each child—and for you. Place consistent limits on hours of media use as well as types of media used.
- Select and co-view media with your child so your child can use media to learn, be creative, and share these experiences with your family.
- Check your children's media use for their health and safety.

## Media Use Guidelines

| Age                  | Description   | Tips   |
|----------------------|---|--|
| Younger than 2 years | <p>Children younger than 2 learn and grow when they explore the physical world around them. Their minds learn best when they interact and play with parents, siblings, caregivers, and other children and adults.</p> <p>Children younger than 2 have a hard time understanding what they see on screen media and how it relates to the world around them.</p> <p>However, children 18–24 months of age can learn from high-quality educational media, IF their parents play or view with them and reteach the lessons.</p> | <ul style="list-style-type: none"> <li>• Media use should be very limited and only when an adult is standing by to co-view, talk, and teach (for example, video chatting with family along with parents).</li> <li>• For children 18–24 months, if you want to introduce digital media,               <ul style="list-style-type: none"> <li>◦ Choose high-quality programming.</li> <li>◦ Use media together with your child.</li> <li>◦ Avoid solo media use.</li> </ul> </li> </ul> |
| 2–5 years of age     | <p>At 2 years of age, many children can understand and learn words from live video chatting. Young children can listen to or join a conversation with their parents.</p> <p>Children 3–5 years of age have more mature minds, so a well-designed educational program such as Sesame Street (in moderation) can help children learn social, language, and reading skills.</p>  | <ul style="list-style-type: none"> <li>• Limit screen use to no more than 1 hour per day.</li> <li>• Find other activities for your children to do that are healthy for their bodies and minds.</li> <li>• Choose media that is interactive, nonviolent, educational, and pro-social.</li> <li>• Co-view or co-play with your children.</li> </ul>   |
| 5 years and older    | <p>Today's grade-schoolers and teens are growing up immersed in digital media. They may even have their own mobile device and other devices to access digital media.</p>  | <ul style="list-style-type: none"> <li>• Make sure media use is not displacing other important activities, such as sleep, family time, and exercise.</li> <li>• Check your children's media use for their health and safety.</li> </ul>  |
| Tweens and teens     | <p>Tweens and teens are more likely to have some independence in what they choose and watch, and they may be consuming media without parental oversight.</p>  | <ul style="list-style-type: none"> <li>• Parents should engage tweens and teens in conversations about their media use, digital citizenship, what they've seen or read, who they are communicating with, and what they have learned from their media use.</li> </ul>   |

See *More Media Use Tips for Parents, Families, and Caregivers*. Also, create a Family Media Use Plan online at [HealthyChildren.org/MediaUsePlan](http://HealthyChildren.org/MediaUsePlan). A Family Media Use Plan is useful to set consistent expectations and limits on media use for parents, children, and teens.

- Stop use of devices or screens for 1 hour before bedtime. Do not let your children sleep with devices such as smartphones.
- Discourage entertainment media while doing homework.
- Plan media-free times together, such as family dinners.
- Decide on media-free, unplugged locations in homes, such as bedrooms.
- Engage in family activities that promote well-being, such as sports, reading, and talking with each other.
- Set a good example. Turn off the TV and put your smartphone on “do not disturb” during media-free times with your family.
- Use sites like Common Sense Media ([www.commonsensemedia.org](http://www.commonsensemedia.org)) to help you decide if movies, TV shows, apps, and videos games are age and content appropriate for your children and your family values.
- Share your family media rules with caregivers or grandparents to help ensure rules are consistent.
- Talk with your children and teens about online citizenship and safety. This includes treating others with respect online, avoiding cyberbullying and sexting, being wary of online solicitations, and safeguarding privacy.
- Remember that your opinion counts. TV, video games, and other media producers, airers, and sponsors pay attention to the views of the public. For more information from the Federal Communications Commission (FCC), visit <http://reboot.fcc.gov/parents>.
- Encourage your school and community to advocate for better media programs and healthier habits. For example, organize a Screen-Free Week in your town with other parents, teachers, and neighbors.

### From Your Doctor



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