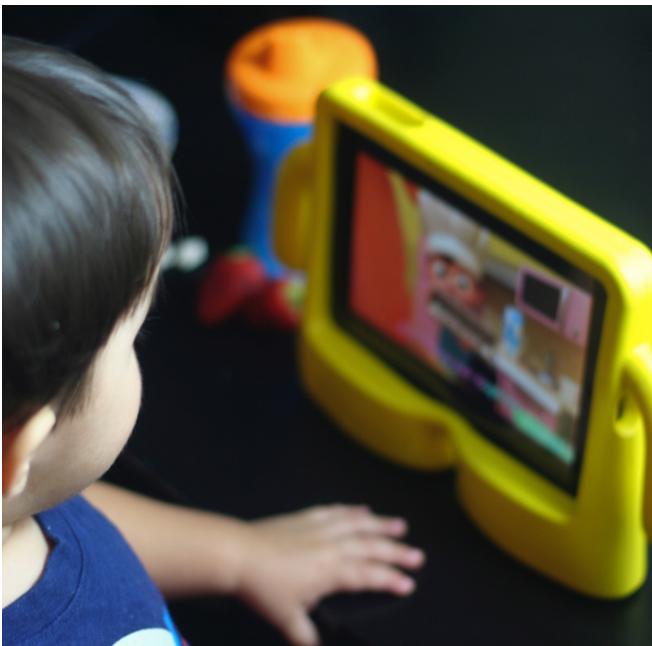


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PARENT PLAYGROUND

RAISING RILEY



In This Edition...

Newsletter Introduction • Page 1

"What does it mean..." • Page 2

A Deeper Look • Page 3

Contact Us • Page 4

Newsletter Introduction

This month we will be talking about SCREEN TIME and the impacts it has on your children's development. But don't worry! We will also be discussing some ways you as the caregiver can help with this. It's not all doom and gloom, I promise! Just some extra steps we as caregivers need to take in the modernized, technology world we are living in.



Public Health
Prevent. Promote. Protect.

"What does it mean..."

SCREEN TIME

Definition 1

"Screen time" is a term used for activities done in front of a screen. Things such as:

- Watching TV
- Working on a computer
- Playing video games

Screen time is sedentary activity. This means you are being physically INACTIVE while sitting down. Very little energy is used during screen time.

What Could Happen ²

Aside from being physically inactive, there are other issues that occur with allowing children to engage in screen time.

Monitoring your child's screen time can be a challenging thing. Especially in the world we live today.

- Obesity
- Inadequate sleep schedules or insufficient sleep
- Behavior struggles
- Delays in language & social skills
- Violence
- Attention struggles
- Less time learning

While older children (over 2 years) can benefit from some screen time, younger children (under 2 years) do not. All children, in particular younger children, learn best from unstructured playtime with other people.



Developmental Impacts ³

So now, let's talk specifically about the impacts screen time has on a child's language development.

We know that language development expands rapidly between 18 months and 3 years of age. We also know that children learn best when they are engaging/interacting with adults. These adults also contribute to language development by talking and playing with children. Skills that children learn during these interactions include:

- Identifying facial expressions and sharing those
- Being able to react to and engage with other people

This is something that can't be done by passively listening, or one-way interaction. This can't be done through a screen where there is only one side engaging. Babies NEED adults (people in general, really) to engage and play with them. Meaningful interactions are what help children learn and grow in all areas of development. But particularly language development can be seen in person to person interactions.

Positive Impacts ⁴

While screen time can have several and severe impacts, there are some positives we can discuss! Offering screen time IN MODERATION can reap these benefits:

- educational value and school-related homework and research
- playing video games can improve motor skills and coordination
- internet tools, testing, and shared video games are easy and fun ways to socialize and communicate

Not everything is doom and gloom!
Moderation is the key!

SCREEN TIME IN MODERATION!!!



A Deeper Look

SUGGESTIONS & GUIDELINES³

How about some suggestions and guidelines for screen time with your kiddos? Dr. Jennifer Cross, (who is an Attending Pediatrician at New York-Presbyterian Phyllis and David Domansky Center for Children's Health/Weill Cornell Medicine, and where she also served as the Program Director for the Early Intervention Program for 9 years) has created some tips to help parents and caregivers.

- Co-watch whenever possible
 - Watch with them and talk with them about what they're watching, make comments, engage where you can
- Choose media wisely
 - Look into what you're letting your children engage with, don't let them just watch anything because it's keeping their attention
- Keep bedtime, mealtime, and family time screen-free
 - Find different activities or discussions that can happen during these times
- Limit YOUR OWN phone use
 - Kids do what their parents are doing, set the example you want them to follow
- Emphasize the big 3: sleep, healthy nutrition, and exercise
 - Incorporate healthy lifestyle choices as part of your daily routine to cover these



18 MONTHS AND YOUNGER

Avoid use of screen media other than video-chatting.

18 - 24 MONTHS

Parents of children 18 to 24 months of age who want to introduce digital media should choose high-quality programming, and watch it with their children to help them understand what they're seeing.

2 - 5 YEARS

Limit screen use to 1 hour per day of high-quality programs. Parents should co-view media with children to help them understand what they are seeing and apply it to the world around them.

6 - 12 YEARS

Place consistent limits on the time spent using media, and the types of media, and make sure media does not take the place of adequate sleep, physical activity and other behaviors essential to health.

12 YEARS AND OLDER

Designate media-free times together, such as dinner or driving, as well as media-free locations at home, such as bedrooms.

RESOURCES

¹ <https://medlineplus.gov/ency/patientinstructions/000355.htm#:~:text=%22Screen%20time%22%20is%20a%20term,is%20used%20during%20screen%20time>

² <https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/screen-time/art-20047952>

³ <https://healthmatters.nyp.org/what-does-too-much-screen-time-do-to-childrens-brains/>

⁴ <https://www.nemours.org/services/health/growuphealthy/screentime.html>

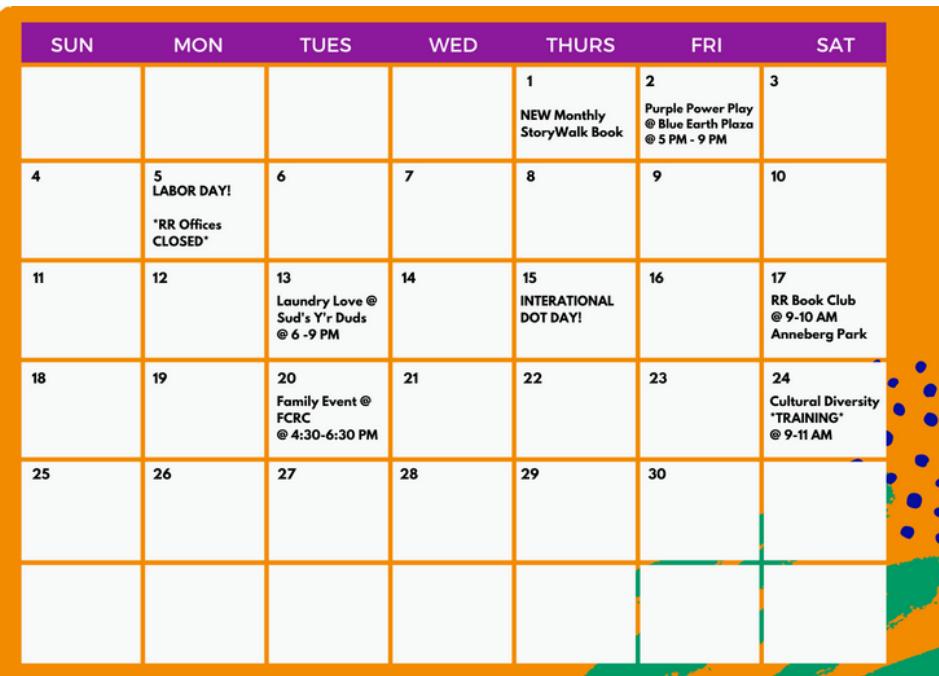
Upcoming Events

BE SURE TO CONTACT US TO REGISTER!



SEP

SUN	MON	TUES	WED	THURS	FRI	SAT
				1 NEW Monthly StoryWalk Book	2 Purple Power Play @ Blue Earth Plaza @ 5 PM - 9 PM	3
4 5 LABOR DAY! *RR Offices CLOSED*	6	7	8	9	10	
11	12	13 Laundry Love @ Sud's Y'r Duds @ 6 - 9 PM	14	15 INTERATIONAL DOT DAY!	16	17 RR Book Club @ 9-10 AM Anneberg Park
18	19	20 Family Event @ FCRC @ 4:30-6:30 PM	21	22	23	24 Cultural Diversity 'TRAINING' @ 9-11 AM
25	26	27	28	29	30	



**RILEY COUNTY
HEALTH DEPARTMENT** **RAISING RILEY** **Public Health
Riley County Kansas**

*****BONUS TIME*****

Contact us with an answer to this question to receive a new book for your home library!

What is one way you will reduce screen time during bedtime, mealtime, and/or family time?

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