



Screen Sense For Young Children

Preschool Child Find

April 16, 2024

Presenters

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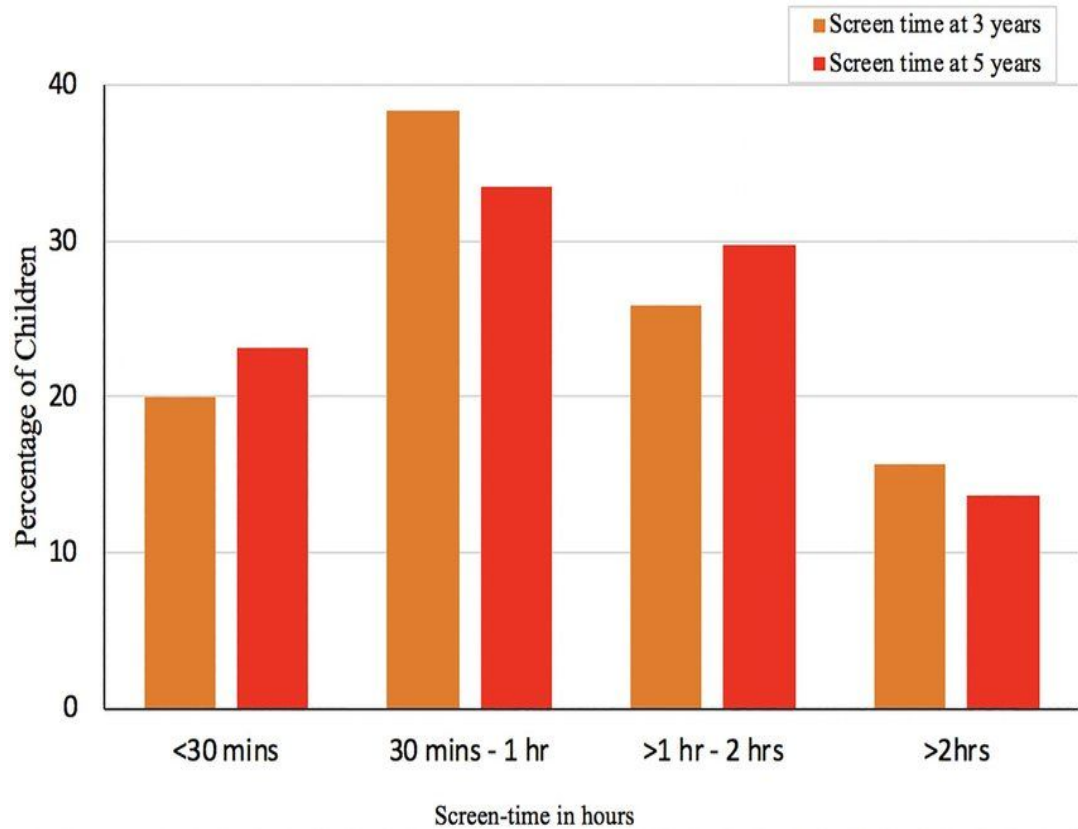
Presentation Objectives:

Participants will:

- Understand current screen time data
- Understand the effects of parent and child screen use on child development, play and behavior
- Discuss appropriate use, guidelines, and activities with screen time



Screen Time Data:



ResearchGate2023



Screen Time Data:

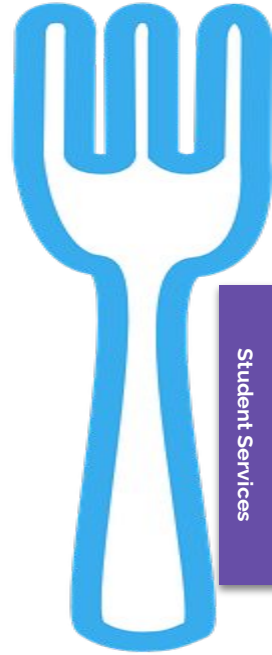
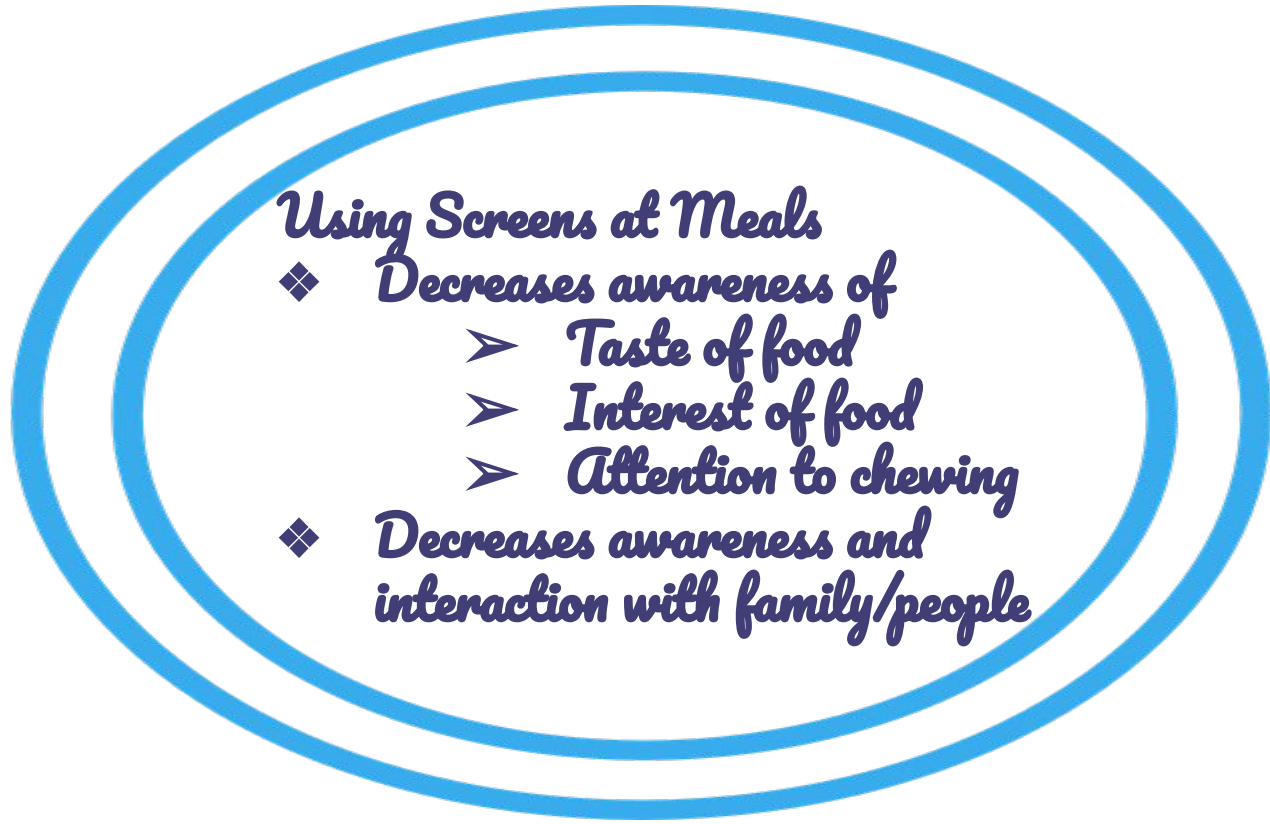
Screen Time Statistics 2024

- Average person in the United States spends 7 hours and 4 minutes on a screen daily
- An increase in screen time of 50 minutes per day, since 2013
- People born between (1996-2010) spend about 9 hours of screen time daily
- During COVID, there was a peak of 7.7 hours of screen time daily
- 49% of babies between the ages of 0-2 have used screens at some point



Too much tech time, means too little talk time





Using Screens at Meals

- ❖ *Decreases awareness of
 - *Taste of food*
 - *Interest of food*
 - *Attention to chewing**
- ❖ *Decreases awareness and interaction with family/people*

Effects of Screen Time on Childhood Development:

Prolonged Screen Media Use May:

- ❑ Impact and interfere with quality sleep
- ❑ Lead to developmental and speech language delays
- ❑ Lead to behavior challenges and impact social, classroom and academic performance
- ❑ Reduce the amount of time a child is available for creative play and exploration
- ❑ Increase parent and child conflicts
- ❑ Reduce ability to maintain attention for learning and social engagement



American Academy of Pediatrics Guidelines

- Children under 18 months of age:
Eliminate screen media exposure other than video chatting
- Children between 18-24 months of age:
Screen time should be limited to watching educational programming with a caregiver
- Children 2-5 years of age:
Limit screen viewing to one hour per weekday and no more than three hours total on the weekends.



Screen Media Types

- ❖ **Passive consumption:** watching TV, reading, and listening to music
- ❖ **Interactive consumption:** playing games and browsing the Internet
- ❖ **Communication:** video-chatting and using social media
- ❖ **Content creation:** using devices to make digital art or music



Smart Screen Media Habits

1. Limit screen time for parents and children
2. When children are using screen media, participate with them
3. Carefully choose what screen media your child views
4. Make real world connections with screen time topics
5. Avoid screen time at least one hour before bedtimes
6. Avoid screen use during mealtimes
7. Develop a Family Media Use Plan (www.healthychildren.org)



Suggested Activities to Replace Screen Time

- Read books together and make a child's own picture book
- Play with toys or play games
- Include children in the household chores (cooking, cleaning, laundry)
- Sing and dance
- Go for a walk outside, visit a playground or park, go for a hike and talk about what you see
- Create arts and crafts
- Listen to music and play instruments
- Have playdates with friends



Resources:

commonsensemedia.org

healthychildren.org

zerotothree.org



Questions



How to Contact Loudoun County Public Schools Preschool Child Find

<https://www.lcps.org/PreschoolChildFindCenter>

Questions? Contact us at
preschoolchildfind@lcps.org or 571-252-2180



