



# ***PERRY LOCAL PRESCHOOL***

## ***'PAW'SITIVE BEHAVIOR SUPPORTS FOR HOME***

Dear Perry Preschool Parents,

As part of our PBIS (Positive Behavior Interventions and Supports) initiative the program has decided to launch quarterly social/emotional newsletters to assist with your child's social/emotional development. For your second issue, we have decided to address screen time. Please see the attachments and resources below. These will help you understand the importance of limiting screen time. We have suggested activities and articles to help parents balance their child's day.

### **Screen Time**

#### **1. Make rules about screen use**

You can help your child find the balance between screen use and other activities by working with your child on some family rules.

Your family's rules might cover:

- where your child can use screens – for example, only in family rooms and not in bedrooms or the car
- when your child can use screens – for example, mealtimes are free of TV, computers and phones, or no screen time before preschool or until chores are finished.
- how your child can use screens – for example, to play a dance competition game or a puzzle app, but not to watch YouTube.

It's OK if your rules include time limits to help your child balance screen time with other things like physical activity/quality time with the family (card games, board games).

#### **2. Aim for short screen time sessions**

Getting up and moving around is important for your child's energy levels, development, sleep, and overall health and well-being. If your child is having screen time, it's good to encourage her to take a break every 30 minutes and use screens in short bursts.

#### **3. Get your child moving, especially outside**

It's a good idea to encourage your child to play outside several times a day. Outdoor play doesn't have to be a big deal. For example, at this age, children enjoy:

- playing games of chase, hide-and-seek or with balls
- crawling through tunnels or climbing over fallen trees
- building a castle out of boxes, clothes baskets, outdoor play equipment or furniture.



# ***PERRY LOCAL PRESCHOOL***

## ***'PAW'SITIVE BEHAVIOR SUPPORTS FOR HOME***

Physical activity for young children and active play for preschoolers can happen indoors as well as outdoors. It can be simple things like dancing, catching and throwing softballs, or rolling along the floor or ground.

### **4. Imagine and create**

Creative play like telling stories, dressing up or drawing is good for your child's creative development. It helps them learn how to experiment, think, learn and solve problems.

### **5. Encourage play and friendship with others**

When children play face to face with others rather than by themselves on a screen, they develop important life skills. These include getting along with other people, being independent and learning how to sort out conflicts and problems.

You can encourage preschooler friendships by arranging playdates with other children. Playgroups can also give your child the opportunity to learn how to play with other children.

### **6. Avoid screen time before bed**

Preschoolers need 11-13 hours sleep a night. Using screens before bed can affect how quickly your child falls asleep. If your child avoids phones, tablets, computer screens or TV in the hour before bed, she's likely to get to sleep more quickly.

### **7. Keep screens out of bedrooms at night**

If you keep mobile phones and other devices out of your child's bedroom at night, he won't be able to play games after lights out. This can also stop your child from being disturbed in the night by messages and notification

Attached are some resources for you to implement these strategies in your own home. As always, if you need additional resources please feel free to contact your child's teacher.

Perry Preschool Staff



# ***PERRY LOCAL PRESCHOOL***

## ***'PAW'SITIVE BEHAVIOR SUPPORTS FOR HOME***

Interested in learning more?

Check out these articles that include more ideas!

MRI's show screen time linked to lower brain development in preschoolers

<https://www.cnn.com/2019/11/04/health/screen-time-lower-brain-development-preschoolers-wellness/index.html>

Screen Free Activities

<https://www.screenfreeparenting.com/screen-free-activities/>

Where We Stand: Screen Time

<https://www.healthychildren.org/English/family-life/Media/Pages/Where-We-Stand-TV-Viewing-Time.aspx>

5 Best Toys of all Time

<https://www.wired.com/2011/01/the-5-best-toys-of-all-time/>



Yes, kids love technology, but they also love Legos, scented markers, handstands, books, and mud puddles. It's all about balance.

—K.G., first-grade teacher

