

In conjunction with the School Improvement Council (SIC) our HHIE Admin team would like to introduce our new weekly publication bringing fun and helpful topics to parents and guardians.

## Family Tip of the Week

### Media & Young Minds

We all know how the draw of technology can attract our families. We love the ease and entertainment of tv, computers, phones and all electronic devices. However, our impressionable little ones need time away from these devices to help them grow healthy and strong. The American Academy of Pediatrics has determined that overuse of electronics can affect a child's sleep, lead to obesity and stifle development.

<https://publications.aap.org/pediatrics/article/138/5/e20162591/60503/Media-and-Young-Minds?autologincheck=redirected>

In this week's Parent Tip of the Week we have included, in English and Spanish, a way to create a Family Media Plan and Media Calculator to determine how much screen time you want your little one to have.

Click here to create a Plan and use the calculator:

<https://www.healthychildren.org/English/media/Pages/default.aspx>

<https://www.healthychildren.org/spanish/media/paginas/default.aspx>

For more information or support please contact one of our Parent Liaison's here at HHIE.

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