Young Kids & Screens: Healthy Development in the Digital Age

Choosing **High-Quality** Media for Your Kids





## Choosing High-Quality Media for Your Kids

In this workshop, we will reflect on:

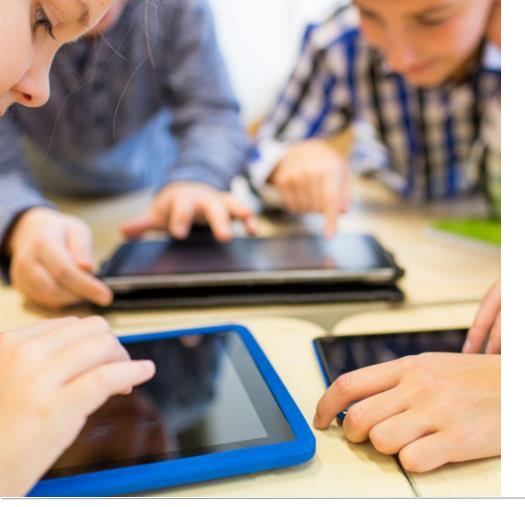
- The importance of being intentional about our family media choices.
- How to use media to nurture early childhood development.
- How to use Common Sense's ratings, reviews, and recommended lists to make informed decisions about which TV shows, movies, apps, and video games our children watch and play.



## What is media?



commonsensemedia.org



Among O- to 8-year-olds, 73% of their daily screen time is spent watching television or videos.

Rideout, V., & Robb, M. B. (2020). The Common Sense Census: Media Use by Kids Age Zero to Eight, 2020. San Francisco, CA: Common Sense Media.

# What was your favorite show as a child?

- How did it make you feel?
- Did you have conversations with your family about it?
- What did you learn from the show?
- What would you rate it, from 1 to 5?



### **My Child's Favorite**

A+ Control Value

**Positive Messages** 

Positive Role Models



Diverse Representations



Violence & Scariness

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Sex, Romance & Nudity

#! •••••



Products & Purchases



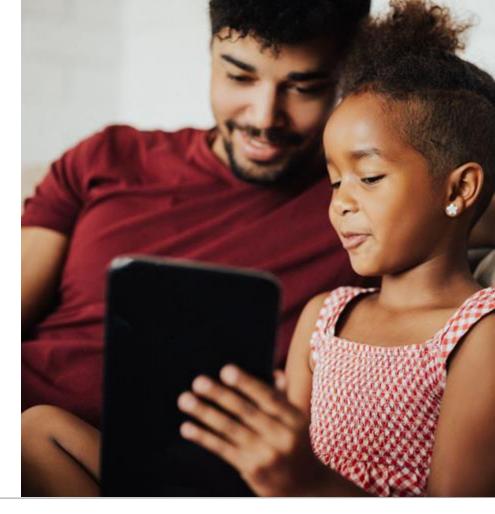
Drinking, Drugs & Smoking



commonsensemedia.org

#### For My Family

## How much or how little is right for my child?





### How do media choices affect my child?

- Does it reflect my child's interests?
- Does it support language or literacy development?
- Does it help us have fun together?
- Does it encourage my child to use their imagination?
- Does it promote math, science, history, or the arts?
- Does it teach kindness, empathy, and how to be a friend?
- Is my child engaged? Does it hold their attention?
- Does it encourage movement, like dancing or exercise?

To watch this video on the Common Sense website, click here.

## D Choosing **High-Quality Media** for Your Kids

# **Closing Reflection:**

How will you make informed media choices for your family?

To watch this video on the Common Sense website, click here.



# Some Thank you!

### Please complete this short survey: https://comsen.se/survey





WHAT'S NEXT?

#### Resource Fair (6:55-7:30 p.m.)

Speak with representatives from participating organizations about summer resources, childcare, and more:

- Boys and Girls Club of Federal Way
- El Centro de la Raza
- Green River College
- Phenomenal She
- Game of Life
- Boys and Girls Club Youth Task Force
- Trillium Employment Services
- After School All-Stars
- Youth Leadership, Intervention & Change (LINC) Center for Children and Youth Justice
- and more!

To browse organizations online, visit: www.fwps.org/SummerConnections

#### **Registration Now Open!**

Attend the next session of Family Academy:



### **Supporting Successful Transitions**

Get empowered with resources to support your child through various milestone transitions Thursday, March 21, 6-7:30 p.m. Valhalla Elementary or Zoom

Register at: www.fwps.org/SuccessfulTransitions

### **Feedback Survey**

Please help us improve by sharing your feedback about today's event through a 3-minute survey. Encuesta posterior al evento: !Ayúdenos a mejorar!

Sau buổi sự kiện: Hãy giúp chúng tôi cải thiện!

Опрос мнения по окончании мероприятия: Помогите нам учесть недочёты!

پست-نظرسنجی <mark>:</mark> رویدادبه ما کمک می کند بهبود یابیم**!** 



Scan QR code, or visit: www.fwps.org/FamilyAcademySurvey