

Young Kids & Screens: Healthy
Development in the Digital Age

Choosing High-Quality Media for Your Kids

Welcome!



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?



**Among 0- 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+ ●●●●●

Educational Value

●+ ●●●●●

Positive Messages

●+ ●●●●●

Positive Role Models

●+ ●●●●●

Diverse Representations

● ●●●●●

Violence & Scariness

● ●●●●●

Sex, Romance & Nudity

●#! ●●●●●

Language

●\$ ●●●●●

Products & Purchases

● ●●●●●

Drinking, Drugs & Smoking

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](#).

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](#).





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.



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

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 : رویدادبه ما کمک می کند
بهبود یابیم!*