Screen Time & Media Resources for Early Learning Professionals

Screen Time Reduction Tool Kit for Child Care Providers. Fact sheets, example letters for parents, tips & ideas, lesson plans and resources developed by Michigan Department of Community Health. http://d3knp61p33sjvn.cloudfront.net/2015/04/Screen-TimeReductionToolkit.pdf

Louisiana Screen Time Regulations Tool Kit for Early Childhood Education Centers. Though some elements are specific to Louisiana, this PDF includes newsletters, a lesson plan, and script for a 15-minute parent workshop. http://wellaheadla.com/Portals/0/Louisiana%20Screen%20Time%20Regulations%20Toolkit.pdf?ver=2016-10-13-085020-617

Early Learning and Educational Technology Policy Brief. 2016. Guidance from the US Department of Education, US Department of Health and Human Services about developmentally appropriate use of technology in homes and early learning settings. https://tech.ed.gov/earlylearning/

Using Technology Appropriately in the Preschool Classroom. A Curriculum Newsletter from HighScope Educational Research Foundation. http://www.highscope.org/file/newsandinformation/extensions/extvol28no1_highres.pdf

Getting Early Childhood Educators Up and Running: Creating Strong Technology Curators, Facilitators, Guides, and Users. A policy brief by RAND Corporation. www.rand.org/pubs/research_reports/RR673z4.htm

Common Sense Media provides unbiased reviews on quality and age-appropriateness of many TV shows, apps, and games marketed for young children. Their website is a good place to find quality media opportunities and programs. https://www.commonsensemedia.org/

Technology and Media in Child Care. A research-to-practice brief by Better Kid Care at Penn State Extension. https://bkc.vmhost.psu.edu/documents/TIPS1613.pdf

Educational Technology Landing Pad of Resources. Maintained by Frank Porter Graham Child Development Institute. http://scriptnc.fpg.unc.edu/educational-technology-landing-pad-resources

Children & Nature Network Research Library. Online library containing reports and studies about the health benefits of connecting children and nature. http://www.childrenandnature.org/oldlearn/research-resources/

Natural Learning Initiative. Preventing Obesity by Design is an on-going comprehensive, health promotion design intervention focused on the outdoor environments of childcare centers. https://naturalearning.org/pod

Screen-Free Week. Campaign for a Commercial-Free Childhood. http://www.screenfree.org/

Technology in ECE Classrooms. Results of a New Survey and Implications for the Field. www.ChildCareExchange.com; 2013. https://hatchearlylearning.com/?wpfb_dl=275

Screen-Time Should NOT be a Reward. 2016. An article by Dr. Screen-Free Mom. http://www.screenfreeparenting.com/screen-time-should-not-be-a-reward/

Ad Blocker for Youtube https://chrome.google.com/webstore/detail/adblock-for-youtube/cmedhionkhpnakcndndgjdbohmhepckk?hl=en-US

YouTube Videos

TEDxRainier – Dimitri Christakis – Media and Children https://youtu.be/BoT7qH_uVNo

Screen Free Moments: Promotion Health Habits – Family Home Child Care https://youtu.be/cogJkMgIjs0

Recommendations:

NEW (Oct 2016) American Academy of Pediatrics Recommendations for Media and Young Children. http://pediatrics.aappublications.org/content/pediatrics/138/5/e20162591.full.pdf

Technology and Interactive Media as Tools in Childhood Programs Serving Children from Birth through Age 8. 2012. A joint position statement of the National Association for the Education of Young Children and the Fred Rogers Center for Early Learning and Children's Media. http://www.naeyc.org/files/naeyc/file/positions/PS_technology_WEB2.pdf

Let's Move! Child Care. Nemours. Children's Health System. Five Healthy Goals for early care and education programs and best practices to reach them. https://healthykidshealthyfuture.org/5-healthy-goals/reduce-screen-time/

Caring for Our Children. National Health and Safety Performance Standards Guidelines for Early Care and Education Programs, 3rd Edition. Standard 2.2.0.3: Limiting Screen Time - Media, Computer Time. http://cfoc.nrckids.org/StandardView/2.2.0.3

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