# APPROPRIATE MEDIA USE FOR KEIKI AT HOME

## 🖥️ Screen Time (Screen time shouldn't always be alone time)

Play a video game with your kids. It's a good way to demonstrate good sportsmanship and gaming etiquette. Watch a show with them; you will have the opportunity to introduce and share your own life experiences and perspectives, and guidance. Don't just monitor children online, interact with them - you can understand what they are doing and be a part of it. (AAP.org 2018)

| Co-view, co-play and co-engage with your children when they are using screens → *encourages* | Social Interaction! Family Bonding! Learning! |
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### Appropriate screen time & Activity

| under 18 months → | Primarily focus on video chatting, otherwise avoid digital media. |
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| 18 to 24 months → | Watch digital media together. They learn from interacting with adult. |
| ages 2 to 5 → | Focus on co-viewing when possible, while limiting screen time to 1 hour per day. |

## 🕐 Setting Time Limits (Set limits and encourage playtime)

Media use, like all other activities, should have reasonable limits. Unstructured and offline play stimulates creativity. Make unplugged playtime a daily priority, especially for very young children. (AAP.org 2018)

Try using the following settings from your Apple or Android device to set timers or to guide keiki to stay focused in one app:

- Setting up guided access on Apple devices: https://apple.co/2IHvRCj
- Setting up time limits for Android devices: https://bit.ly/38MGq1E

## 👨‍👧 Better Together

According to Tech.ed.gov's "Guiding Principles for Use of Technology with Early Learners," There are many ways that adult involvement can make learning more effective for young children using technology. Adult guidance that can increase active use of more passive technology includes, but are not limited to, the following:

- Prior to the child viewing content, an adult can talk to child about the content and suggest certain elements to watch for or pay particular attention to.
- An adult can view the content with the child and interact with the child in the moment.
- After a child views the content, an adult can engage the child in an activity that extends learning such as singing a song they learned while viewing the content or connecting the content to the world.

### TECHNOLOGY IS MORE EFFECTIVE WHEN USED TOGETHER



Engage    Communicate    Learn    Create

Image by tech.ed.gov



Graphics from: www.mycutegraphics.com

# Appropriate Apps for Keiki

**When selecting apps for your keiki, look for apps that:**

Promote creativity

Reinforce early literacy skills (ABC's, reading books, books read to them)

Encourage keiki to communicate and share what they are learning in a way that is meaningful for them.

Provide opportunities to interact with peers, siblings or adults

## Also Consider the Three C's by Lisa Guernsey

🔗 https://bit.ly/2WkFoY6

- **Content** — How does this help children learn, engage, express, imagine, or explore?

- **Context** — What kinds of social interactions (such as conversations with parents or peers) are happening before, during, and after the use of the technology? Does it complement, and not interrupt, children's learning experiences and natural play patterns?

- **Child** — What does this child need right now to enhance his or her growth and development? Is this technology an appropriate match with this child's needs, abilities, interests, and development stage?

Graphics from: www.mycutegraphics.com

# Where to Learn More

American Academy of Pediatrics - Children and Media Tips: http://bit.ly/aapmediatips

Common Sense Media - Parents Need to Know- Preschoolers: http://bit.ly/csmprek

Common Sense Media Review for 'Ohana: http://bit.ly/csmforparents

Fred Rogers Center for Early Learning: http://bit.ly/frcmediaposter

PBS Parents - Children and Media: http://bit.ly/pbs7tips

Tech.ed.gov "Guiding Principles for Use of Technology with Early Learners: http://bit.ly/techedgov