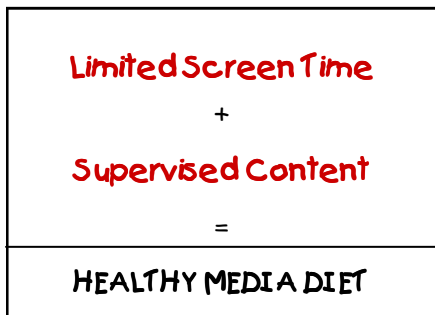


# Health Concerns

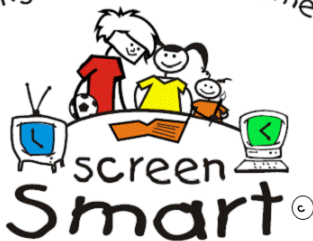
Too much 'screen time' is linked to:

- ◆ Childhood Obesity
  - ◆ Type 2 Diabetes
  - ◆ Attention Problems
  - ◆ Sleeping Problems
- ◆ 1 in 4 Canadian children are overweight. Obesity puts children at risk for Type 2 Diabetes, heart disease and hypertension. Obesity in children increases the more hours they watch TV, and odds of being overweight go up if a child has a TV in their bedroom.
  - ◆ New research suggests that early exposure to TV may 're-wire' a child's brain. The more TV young children watch the greater their risk of attention problems as older children.
  - ◆ Research shows that TV viewing before bed, and background TV is linked to sleep problems in children.
  - ◆ For more info on 'screens' and health issues talk to your doctor, or phone Revelstoke Health Unit (814-2244).



**REMEMBER:** Children develop 'screen' habits in their early years, and they need adults to supervise and moderate their media diet.

Helping families manage media



Getting information, communicating with others, and being entertained has never been so easy. With the click of a button we bring the world into our homes, schools, cars, and work place. The media's influence on our lives today has never been so powerful, and raising children in a 'digital age' presents parents with both opportunity and challenges.

**SCREEN SMART** wants to help parents and children better understand how screen media - TV, computers and the internet - influences their lives, and suggest ways that families can manage media at home and at school.

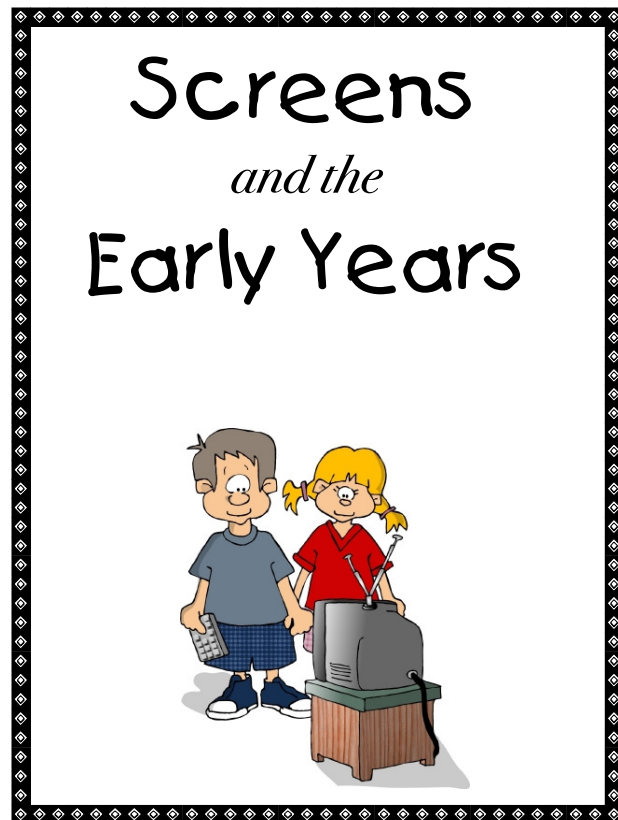
**SCREEN SMART** is a community based public education initiative. Partners include School District 19, Interior Health Revelstoke Health Unit, Speech-Language Clinic (Revelstoke), Selkirk Medical Group, Columbia Basin Alliance for Literacy (Revelstoke), City of Revelstoke, Revelstoke Child Care Society, Okanagan Regional Library, Community Connections (Revelstoke) Society, Revelstoke Early Childhood Development Committee, Parks Canada, and RCMP (Revelstoke).

For more information and suggestions on managing screen media visit us at:

[www.screensmart.ca](http://www.screensmart.ca)

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Helping families manage media



**TELEVISION, COMPUTERS,  
and YOUNG CHILDREN.**

## Babies (0-1)

Infants need to develop strong, loving relationships with their parents. They need to be talked to, played with, and responded to.

- ◆ TV does not respond to baby's needs, and does very little to help develop language!

### SCREENTIPS

**Ideally:** The American Academy of Pediatrics says the risks of viewing outweigh the benefits, and recommends that babies under 2 years do not watch any TV at all.

**Reality:** Moms and dads sometimes need a break to get things done or to relax. We recommend:

- ◆ Limit screen time for children under age 2.
- ◆ If you do use TV to 'entertain' your baby, choose slow paced programs with simple language. (*Blue's Clues, Clifford*)
- ◆ **Co-view:** talk, point, play, sing, as you watch shows with your baby.
- ◆ Use programs for ideas on how to **TALK, PLAY, READ, and SING** with your baby. Studies show a strong link between the amount of one-to-one parent and baby communication and later reading ability.
- ◆ Listen to music as a relaxing alternative.

For more information, ideas, activities, and support check out:

- StrongStart BC - Early Learning Centre (837-1273)
- Mother Goose - (837-6669)
- Baby Talk - (814-2244)
- OK Library "Tiny Tickle Time" - (837-5095)
- Child Care Society-Toy Lending Library (837-6669)

## Toddlers (1-3)

Toddlers best develop language and social skills interacting with family and friends, and by exploring the world.

- ◆ TV takes time away from human contact, and exploring the child's surroundings!

### SCREENTIPS

**Ideally:** Limit total screen time to 1 hour of quality educational viewing each day (Canadian Pediatric Society).

- ◆ Choose programs in which characters are talking directly to your child, repeating key words, and there are clear links between spoken words and what is happening on screen. (*Dora the Explorer, Blues Clues*)
- ◆ Choose programs where characters treat each other with care and respect and solve problems by talking and helping each other. (*Sesame Street*)
- ◆ Minimize background TV when your child is playing as it can interfere with play.
- ◆ Do not allow a TV in their bedroom. Avoid using the TV as a babysitter.
- ◆ Provide opportunities for play with other toddlers, and for practicing their growing language skills with trusted adults.

For more info, ideas, activities, and support check out:

- StrongStart BC - Early Learning Centre (837-1273)
- Mother Goose - (837-6669)
- Toddler Talk - (814-2244)
- OK Library "Tales for Tots" - (837-5095)
- Child Care Society-Toy Lending Library (837-6669)
- Speech and Language Clinic (837-4285)

## Preschoolers (3-5)

Preschool children are at a critical stage in the development of language, creativity, and imagination.

- ◆ Time watching a screen could be better spent reading, talking, and playing.

### SCREENTIPS

**Ideally:** Limit total screen time to 1 hour of quality educational viewing each day (Canadian Pediatric Society).

- ◆ Educational shows are best for preschoolers when they do watch TV. Moderate amounts of educational television or software can help build vocabulary, number, or letter skills. (*Dragon Tales, Arthur*)
- ◆ Avoid violent media, including cartoons and other slapstick violence. Preschoolers will imitate what they see on TV.
- ◆ Studies show that too much 'screen time' reduces imagination and creativity. Choose shows that encourage imaginary play and role playing, and use ideas from the TV show to play with your child.
- ◆ Read with your child. Have books in the home. Visit the library often. Studies show the more children watch TV - the lower their reading scores, and the less well-socialized they are in 1st grade.

For more info, ideas, activities, and support check out:

- StrongStart BC - Early Learning Centre (837-1273)
- Mother Goose - (837-6669)
- OK Library "Story Time" - (837-5095)
- Child Care Society - Toy Lending Library (837-6669)
- ECD Consultant-Community Connections (837-2920)
- Speech and Language Clinic (837-4285)