

“TODDLERS & SCREENTIME”

V4 5.26.13

VIDEO	AUDIO
TODDLERS & SCREENTIME	
	Jackie Take 2 18:28:15 He gets up in the morning and he likes to watch movies in the morning.
	Jeff Take 6 10:35:45 Once he gets into that zone of watching something on the television, he wants to stay there. So he’s always trying to up the ante and get himself more television time. It’s addictive, TV.
	Mario Take 4 29:46 And sometimes they’re not watching TV. They just want the noise. They just want something stimulating to them.
	Jackie Take 3 18:41:30 He’s really into my phone and his dad’s phone. He likes to download games. He knows to get on YouTube.
DOES YOUR CHILD LOVE TV? YOUR SMART PHONE? YOUR COMPUTER? YOUR TABLET?	
	JOSH TAKE 5 51:19 They’re amazing devices. So I mean it’s part of our world. It really is all around us and it’s something that we use all the time.
AS A PARENT, DOES “SCREEN TIME” HELP YOU?	
	JACKIE He had the phone so much at one time because it was relieving to me for him to just sit down and relax and be quiet for a while.
	HERMAN TAKE 3 17:46:32 We have four kids...
	HERMAN take 3 17:45:08 And we see it as just helping us to get simple tasks done – getting ready, getting food, just

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	trying to get out the door basically is what you're trying to do and it does help to have the TV.
	Roxanne Take 3 17:14 While I'm cooking I let them watch television for 40 minutes...
	Mario Take 4 17:27:43 I think the TV is, it really helps because we work different shifts so if I'm getting off work and she's going to work, I know that I may be up for another four or five hours. Jeff Take 6 10:38:35 Sometimes its' a struggle for me because when he's watching television, that's an opportunity to get something done. I put on this 15 min episode and start dinner or do some work on my computer.
	MAYA TAKE 2 33:45 Obviously that is a moment which gives you time to do other things and you can leave them there for a bit and truthfully it's practical, it's easy.
	Vonda Take 4 17:26:21 I wish we didn't have to use it as much as we do. But you know, sometimes it is sort of a crutch...sometimes even when you just need a break.
YOU NEED A BREAK SOMETIMES AND YOUR TODDLER LOVE SCREEN TIME – WHAT IS OKAY? THE EXPERTS HAVE SOME ANSWERS	
	Gonzales: Take 5, 14:38:15 The American Acad of Pediatrics discourages any screen time before age two. And after that, they recommend limiting it to one to two hours

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	a day at the most. There are a lot of reasons for that.
	<p>DR. ACEVES Other effects that worry us a lot at this time is that a lot of screentime means that the children are sitting down and are not physically active.</p>
	<p>Dr. GONZALES In older kids, it’s been shown that increased screentime definitely is correlated with obesity and also with sleep problems and poor school performance.</p>
(violence)	<p>1:18:00 Dr. Aceves There are studies which have demonstrated that children who watch television for a prolonged period of time after a few years, they will have observed many scenes of violence and this could lead them to seeing violence as something normal.</p>
	<p>DR. HOREN Take 10 15:54:19 And screentime obviously has changed over the last 10 years. Screentime used to be mostly TV time and some computer time and now we’re talking about a number of other devices.</p>
CAN SCREENTIME SOMETIMES BE EDUCATIONAL?	
	<p>ROXANA The video that I put on is for them to learn the alphabet, numbers only. No cartoons, no violence, no nothing. Just that I know they are learning.</p>
	<p>STEVE AND GABY With Zack, we stay with him. And he has us sing songs with him. His favorite show is Barney. So if he’s watching that, we’re like dancing with him. We have aching backs by the end because he’s making us fly him in the air.</p>

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	<p>JASMINE At my best, I'll play with her while she's with my phone. So I'll turn screentime into another place where we can be connected and do something together.</p>
	<p>Dr. Horen Take 10 15:54:19 There's a couple things to consider. I know a lot of folks like some of these educational videos. Many parents are excited that their kids are already able to do things on the iPad or iPhone and things like that.</p> <p>The Truth is that the real sort of work of early childhood is play. And play is not screen time. It's not playing on a computer. It's not playing on an iPad. It's playing. It's doing dramatic play, dressing up. It's going outside and running around and developing your own games.</p> <p>55:30 ...that means that you know how to problem solve. You know how to share. That means that you know how to work with other people.</p> <p>The other piece that I often tell parents is that there are standards that have been set and you have to use some judgment.</p> <p>So there's a difference between watching an educational show and commenting on it and relating it to your child and sticking them in front of the TV.</p>
<p>ARE THERE OTHER THINGS TO AVOID WITH SCREENTIME AND TODDLERS?</p>	
	<p>1:19;11 Dr. Aceves One important recommendation for parents is not to put a TV in the child's bedroom.</p> <p>They are isolated from the family.</p>
	<p>Dr. Gonzales Take 6 1:44</p>

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	<p>I think it’s important not to have a TV in the same room where you eat. And certainly if it is there, don’t turn it on during meals. Because that’s one of the best ways for a family to interact and have really good conversation... And again, what you start as a toddler will carry over when the kids are older and even when they’re teenagers. That might be the one time in the whole day where you all sit down together and have a conversation.</p>
<p>WHAT ABOUT YOUR OWN SCREENTIME AS A PARENT?</p>	
	<p>JASMINE TAKE 5 12:48:03 The biggest thing that goes on around screen time in our family is more like computers and my smart phone. Because she sees me using that all the time and I was just a student so I was on the computer all the time doing my homework.</p>
	<p>Jeff Take 6 10:38:45 I have to also train myself to say no, it’s more important for me to cut his TV time now in the long run than to keep getting my work done.</p>
	<p>JASMINE 51:57 So we’re kind of just battling this kind of energetic of the world we live in that’s like all about everyone on their device.</p>
<p>As a PARENT how can you LIMIT your CHILD’s SCREENTIME?</p>	
	<p>Gonzales 14:39:14 If you’re making dinner and you think well, I could put them in front of the TV while I make dinner, instead of doing that it’s probably better if you can keep them in the same room with you and maybe give the child a spoon and a pan and let them imitate you which they love to do anyway. And that way you can still be watching them while you make dinner and it’s more interactive than if they were just in front of a</p>

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	screen.
	<p>JACKIE We've been trying to sit down and learn his ABC's and 123's. I write them out for him. Just trying to be more active with him.</p>
	<p>CAROLINE TAKE 6 10:40:38 Sometimes its even preparing him to say okay, so when this is done, I'm going to go get your puzzle ready because he loves doing puzzles. Or we're going to choose a book so that it's ready to go, so it's not like he's just floating and waiting and that's an easy time for him to say "okay I want one more". It's more like, okay but now this is the thing that we were going to do after.</p>
<p>What are some other ACTIVITIES that you can do INSTEAD OF SCREENTIME?</p>	
	<p>MAGDA TAKE 1 1:32 We entertain ourselves with games or we do crafts or we go to play in the park or we go to play soccer.</p>
	<p>MAYA TAKE 2 35:36 Her father loves to take her out and he has taught her to smell the flowers and check out the animals, really that is what we should be doing not watching television at home.</p> <p>So, go out! It doesn't cost anything. It's just time, which is the most important thing right now.</p>
	<p>JACKIE I think all kids want to have the attention, whether it be from their parents or grandparents. He appreciates the time.</p>

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	<p>Dr. Aceves: 1:14:10</p> <p>This is a fantastic age in growth of the brain. We know very well that we have millions of neurons, these are the brain cells that are growing like a tree and are growing connections.</p> <p>We can have an impact on our children at this age ...by means of stimulations and connections, we can augment and improve intelligence.</p> <p>It is critical.</p> <p>They can learn good habits or they can learn bad habits.</p>

