

Continue your learning

Taking Steps to Healthy Success: Reduce Screen Time

These resources include additional tools, information, and methods to implement the strategies you learned in this module. You may want to save an electronic copy of this handout (since it includes hyperlinks for resources) for future reference or to pass on to co-workers or families.



Off-the-shelf curricula and toolkits

[The Washington State Active Bodies Active Minds](#)

[\(WAABAM\)](#): This program was created for child care providers, and offers information about the importance of encouraging active play and limiting screen time. Several resources are free and are available in English and Spanish, including “Top Ten Ways to Reduce Watching TV at Home,” and a brochure about screen time and the importance of limiting screen time. From the University of Washington Center for Public Health Nutrition.

[Screen Time Reduction Toolkit for Child Care Providers](#) –

This toolkit from the Michigan Department of Health and Human Services is full of helpful information, including facts about children and screen time, how to work with parents, inspiration for lesson plans, ideas for ways to be screen-free indoors and outdoors, how to write screen-time policies, and more.

[Louisiana Screen Time Regulations Toolkit for Early Childhood Education Centers](#) –

This toolkit was written with Louisiana providers in mind, however, it can be adapted for a child care program in any state. The toolkit provides information about why reducing screen time in child care is important and provides tools for assessing your center and writing policies, and resources to put your policies into action. From Louisiana Pediatric Obesity Mini CoIN team.



Inspiration for reducing screen time

Looking for inspiration for ways to reduce screen time in your program? These resources include examples of activities for infants, toddlers, and preschoolers that can be incorporated into the daily routines of your center or family child care program.

[Nutrition and Wellness Tips for Young Children: Active Play Tip Sheets](#) –

A free series of tip sheets for child care providers to help create and promote healthy environments for children in child care settings. Four tip sheets are devoted specifically to physical activity and screen time reduction. From USDA.

[Healthy Kids Healthy Futures \(HKHF\)](#)

– A compilation of resources to address obesity prevention strategies in early care and education. Check out the website for best practices, tips, and resources to reduce screen time in your child care program. From Healthy Kids Healthy Futures, formerly known as Let’s Move! Child Care



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Videos and other trainings

[Common Sense Media](#) – Screen Time Tips - Common Sense Media has several resources to empower parents and teachers by providing information, advice, and tools to help them use media and technology in positive ways. Videos:

- [5 steps to a healthy media diet](#)
- [3 TV watching tips for toddlers](#)
- [Junk food ads for kids](#)

[Media Aware Child Care II](#) – This free online training is available to all providers. It shares recent research and strategies to help early learning professionals better understand how much time young children are spending in front of screens, the effect screen time has on child development, recommendations for screen time, providers' role in using screen time wisely, and strategies to communicate with parents about screen time. To take the training, register online. Developed by University of Washington Center for Public Health Nutrition.

[Integrating Media and Technology into Curriculum](#) - This video and information sheet explores how to use media and technology in an intentional way with preschoolers. From Resources for Early Learning, Massachusetts Dept. of EEC.

[Screen Free Moments: Promoting Healthy Habits](#) – This video shows simple ways that ECE providers in centers and family child care homes can limit screen time for young children. From NRC, University of Colorado, School of Nursing.



Additional learning opportunities from Better Kid Care

On Demand modules

[Childhood Obesity Prevention: LMCC – Limit Screen Time](#) – This online training from Better Kid Care highlights the benefits of reducing screen time, best practice recommendations, and strategies to reduce or eliminate screen time in your program. The training is two hours long and may be approved for continuing education credits in your state.

Research-to-Practice articles

[“Technology and media in child care”](#)



Self-assessment tools

[Go NAP SACC](#) – The Nutrition and Physical Activity Self-Assessment for Child Care (Go NAP SACC) is an intervention that includes facility-level assessments on nutrition, physical activity, breastfeeding, outdoor play, screen time, and oral health. The assessment tools are free and can help child care programs compare their nutrition and physical activity practices to best practice standards.

[C.H.O.I.C.E. Toolkit & Self-Assessment Questionnaire](#) – This resource was developed to help providers assess their child care environment and, using best practices, successfully write and implement nutrition and physical activity guidelines. The materials were created to provide simple directions, detailed explanations, worksheets with sample policies, and an easy-to-follow process.

[Healthy Kids, Healthy Future Child Care Quiz](#) – This simple quiz will help you assess your program's physical activity, nutrition, and screen time practices.

[Georgia's Growing Fit Kit](#) – This tool kit is intended to guide child care providers in the development or improvement of policies around nutrition and physical activity in programs. While the tool kit was written with providers in Georgia in mind, the contents are applicable to all providers. It contains an explanation of what a wellness policy is, how wellness policies work, success stories from early care settings, a step-by-step guide to improve nutrition and physical activity in your early childhood environment, and resources for your center and teachers.



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Best practices

[Preventing Childhood Obesity in Early Care and Education Programs: Selected Standards from Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs, 3rd Edition](#): The second edition of Preventing Childhood Obesity in Early Care and Education Programs is the new set of national standards describing evidence-based best practices in nutrition, physical activity, and screen time for early care and education programs. The standards are for all types of early care and education settings—centers and family child care homes. These updated standards are part of the new comprehensive *Caring for Our Children*, third edition, released in June 2011.

[Best Practices for Physical Activity: A Guide to Help Children Grow up Healthy for Organizations Serving Children and Youth](#): Developed by Nemours Health & Prevention Services, this guide presents a comprehensive overview of physical activity recommendations for children and youth, and contains definitions of useful terms, frequently asked questions, family tip sheets, handouts, and creative ideas for engaging children and their families in physical activity.

[Limit Screen Time: Nutrition and Wellness Tips for Young Children](#) – This four-page provider handbook includes guidelines, best practices for screen time, and information about why limiting screen time for children is important. It includes fun, screen-free activities that can be done by children while you are accomplishing other tasks. For example, one suggested activity is to play music and have children make up their own movements. From CACFP.

[Let's Move! Child Care: Set Limits for Screen Time](#) – This one-page tip sheet highlights the importance of limiting screen time for young children and provides five tips on limiting screen time.

[Healthy Activity, Screen Time, and Sleep in the Early Years](#) — This summary includes recommendations for healthy activity, screen time, and sleep in the early years. Written with child care providers in mind, it outlines action steps to create a healthy environment for children. The information is also applicable to families, making it a great resource for providers to share with parents and guardians. From Harvard T.H. Chan School of Public Health.



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Resources for families

[We Can! Screen Time Chart](#) – Parents can use the We Can! Screen Time Chart to track how much time their family spends in front of a screen. Be sure to include time spent with cell phones and other hand-held video or gaming devices.

[Turn Off the TV, Turn On Play](#) – This handout from Iowa WIC provides information for what parents can do in their homes to limit screen time as well as tips on what to look for in a child care program with regard to screen time use. Available in English and Spanish.

Family Media Plan – The American Academy of Pediatrics offers a customizable Family Media Plan that allows families to create a plan to track screen time with a scheduling sheet for their own homes.

- [English](#)
- [Spanish](#)

[Top Ten Ways to Reduce TV Watching at Home](#)

– This handout for families includes the top ten strategies for encouraging healthy TV habits. From the Washington Active Bodies Active Minds Tool Kit.

[Family Letter About Screen Time](#) – A family letter about managing screen time from the National Association of Child Care Resource & Referral Agencies.

[Healthy Habits for Life](#) – From Sesame Workshop, a program that connects with preschoolers when they are forming their eating, exercising, and hygiene habits—setting them on track for a lifetime of wellness. Their educational TV programs for children run no more than thirty minutes in length. An example is *The Get Healthy Now Show*, produced by Sesame Street.

The digital version of this PDF has clickable links to the resources. If you have this PDF in printed form, you can search the terms online to find the resources.



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