

# SCREEN TIME BENCHMARK MENU

Must complete at least 50 points per selected menu(s) to qualify for recognition (check all that apply).



CHILD INVESTMENT BENCHMARKS	15 PTS	10 PTS	5 PTS
<input type="checkbox"/> Program staff supervise, interact with and watch the children during educational screen time activities for preschoolers			X
<input type="checkbox"/> Allow no screen time for infants and toddlers			X
<input type="checkbox"/> Televisions are not stored in classrooms			X
<input type="checkbox"/> Infants, toddlers, and preschoolers do not watch television during the meal time and snack time			X
<input type="checkbox"/> Preschool television/DVD viewing is limited only to educational, age-appropriate programming and videos, some of which are integrated with the curriculum			X
<input type="checkbox"/> Computers are only available to preschoolers during a set time of day, and each child is limited to 15 minutes per day			X
<input type="checkbox"/> Television viewing is not used as a reward			X
FAMILY AND STAFF INVESTMENT BENCHMARKS			
<input type="checkbox"/> Child care providers review educational information on screen time reduction and/or media literacy for preschool children at least two times a year		X	
<input type="checkbox"/> Parents are provided screen time reduction and/or media literacy education (e.g., special programs, newsletters, or information sheets) at least two times per year		X	
PROGRAM ENVIRONMENT AND POLICY INVESTMENT BENCHMARKS			
<input type="checkbox"/> Have a written policy supporting reduced/limited screen time at program	X		
<input type="checkbox"/> Host an event at your site for National Screen Free Week, encouraging limited recreational screen time for families. Visit <a href="http://www.screenfree.org">www.screenfree.org</a> (proof of event registration or attendance required).	X		