



# Family Pages

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## 5 MYTHS ABOUT YOUNG CHILDREN & SCREEN MEDIA

[www.zerotothree.org](http://www.zerotothree.org)

### MYTH #1

#### **All screen time is detrimental to early learning.**

Although children learn best through hands-on exploration, the reality is that young children are exposed to screen media at a very young age and can learn from these experiences. **What is most important is that the content is age-appropriate, viewing time is limited, and parents are involved** and help children make the connection between what they see on the screen and the real world.

### MYTH #2

**Children aren't impacted by TV that plays in the background.** Study after study shows that background TV interferes with children's playing and learning. Exposure to programming not designed for young children, even when it is playing in the background, is associated with a negative effect on children's language development, cognitive development, and executive functioning.

### MYTH #3

#### **TV at bedtime can help lull children to sleep.**

Studies have shown that **viewing TV within 2 hours of bedtime** can make it harder for children to fall asleep.

### MYTH #4

#### **Parental cell phone use doesn't affect kids' behavior.**

A recent study that involved observing families at fast-food restaurants found that 40 out of the 55 parents used a mobile device during the meal. **The longer the parents interacted with their mobile devices, the more likely their children were to act out.**

### MYTH #5

**The more interactive a screen experience is, the better for kids.** One study involving e-books showed that more interactive features actually interfered with children's ability to focus on the storyline. Although e-books can still be useful tools for children, it is important for parents to help children focus on the story and not allow the technology to drive the experience.

Learn more about young children and screen media use at [www.zerotothree.org](http://www.zerotothree.org).

## Little Leaf People

### You will need:

- Leaves of different colors, shapes and sizes
- Googly eyes with adhesive backing
- Markers

### Walk, Collect, Talk and Create!

Take a walk and collect leaves with your child. Talk about the size, shapes and color of the leaves you find. After your walk, set the leaves out on a table and create leaf people by adding googly eyes and drawing on other facial features such as mouth, nose, ears, eyebrows, and hair.



## Being Outdoors

Research shows there are many benefits of outdoor activities on young children's development. Sharing outdoor activities with your child can also strengthen your family connection. Spending time together outside can be as simple as taking an evening walk, planning a day trip to a state park or spending time in your own backyard. Following are few outdoor activity ideas:



-Set up a treasure hunt. Make a short list of things for your child to look for outside – such as a shiny object, something tiny, and something that can hold water.

-Identify things. Get a book from your local library with pictures about birds, bugs, leaves, or trees in your local area, and go outside looking for specific creatures in the book to identify.

-Give your child tools to discover. Gifts like a bug box, a magnifying glass, or a shovel will promote ways to explore the outdoors with a fun new tool that feels professional and empowering.

<https://childmind.org/article/ideas-for-getting-your-kids-into-nature/>

## Parenting Education Opportunities

### The Family Service Association

277 Chestnut Street  
Oneonta, NY 13820  
607-432-2870

-Parent education workshops offered to all area parents and caregivers. Topics include information about parenting skills and child and adult development.

[www.fsaoneontany.org](http://www.fsaoneontany.org)

### Cornell University Cooperative Extension of Delaware County.

34570 State Hwy. 10 Suite 2  
Hamden, NY 13782  
607-865-6531

[www.ccedelaware.org](http://www.ccedelaware.org)

-Nutrition Education programs that assists income-eligible families and youth improve health.

### Hancock Community Children's Center

316 W. Main St.  
Hancock, NY 13783  
607-637-3146

[www.hancockeducationfoundation.com](http://www.hancockeducationfoundation.com)

-A free drop-in center for parents and caregivers and their children 0-3. The Children's Center offers a safe, fun atmosphere to learn and play. FREE monthly programs focusing on nutrition and parenting.

### Family Resource Network

46 Oneida St.  
Oneonta, NY 13820  
607-432-0001

[www.familyrn.org](http://www.familyrn.org)

-Serving individuals with disabilities and their families. Visit their website to find upcoming events, training opportunities, newsletter, support groups and additional resources.

### Southern Tier Independence Center

135 East Frederick Street  
Binghamton, NY 13904  
607-724-2111

#### -Early Childhood Direction Center:

[ecdc@stic-cil.org](mailto:ecdc@stic-cil.org)

<http://www.stic-cil.org/ecdc.html>

#### -Parent Technical Assistance Center

[ptac@stic-cil.org](mailto:ptac@stic-cil.org)

<http://www.stic-cil.org/ptac.html>

### ZERO TO THREE

Little Kids, Big Questions podcast series addresses some of the most common issues facing parents of babies and toddlers. Series of 12 podcasts. No charge. Visit [www.zerotothree.org](http://www.zerotothree.org)



### Skip the Bowl: Dinner idea

Serving chili for dinner? Try a chili parfait! Add some chili to the bottom of a clear juice glass or small mason jar, sprinkle on some cheddar cheese, add some more chili and then top off with more cheese. Offer additional toppings such as avocado or sour cream.

### Friend or Foe?

[www.healthychildren.org](http://www.healthychildren.org)



Help your child navigate their social world by equipping them with the skills needed to choose friends wisely. Following are some ways you can help encourage healthy relationships in your child's life.

**Talk to your child about how to recognize a good friend, just as you would talk about bike safety or stranger danger.** Talk about how friends should treat one another. Explain that good friends respect others, follow the rules, and help those in need. The more children know about what makes a good friend, the easier it will be for them to recognize one when they meet that child—and be one themselves.

**As you strive to teach your child about healthy friendships, don't forget to model them in your own life.** Demonstrating good relationships skills with your spouse or partner, and taking time to nurture close friendships with others, is as important as simply talking about these skills if not more so. "Children learn how to relate to people outside of their family from relationships within the family," explains Ed Schor, M.D., FAAP, and editor of *Caring for Your School-Age child, Ages 5 to 12*.

To read the full article visit [www.healthychildren.org](http://www.healthychildren.org)



In a fire, seconds count. Practice your home fire drill twice a year. Conduct one at night and one during the day with everyone in your home, and practice using different ways out. For more information, visit [www.nfpa.org](http://www.nfpa.org).

