



LEARNINGbyte

Information to Share with Families

Talking with Families about Screen Time



PURPOSE OF ACTIVITY

This activity is designed to help early intervention practitioners respond to family questions and concerns about screen time (use of phones, tablets, computers, TV) for infants and toddlers.



RESOURCES NEEDED

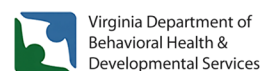
- Links: (see below)
- Computer with screen sharing (if meeting virtually)
- Projector or individual devices (if meeting in-person)



SPECIFIC STEPS

1. Email the following article links to participants before the activity:
 - [Where We Stand: Screen Time](#) (American Academy of Pediatrics)
 - [Babies and Toddlers: The Definitive Answers to Screen-Time Questions](#) (Common Sense Media)

Ask participants to read these articles prior to the meeting and come ready to share their experiences with discussing screen time with families
2. Invite participants to share their experiences with discussing screen time with families using the following questions to guide the discussion:
 - a. *How do you respond when a family expresses a concern about screen time?*
 - b. *What information do you like to share?*
 - c. *How do you respond without judging the family's decisions or circumstances?*
 - d. *Is it appropriate for you, as a practitioner, to initiate a conversation with a family about screen time? Why or why not?*
 - e. *What are your personal beliefs about screen time for your own family? How might your own experiences and opinions affect how you discuss screen time with families?*
3. Introduce the [AAP Media Plan](#) to the group by sharing the link. Ask participants to access the link on their devices and/or show the site onscreen (if screen sharing or screen projection is possible). Explain that the media plan is a tool parents can use to explore their own priorities related to screen time and make an agreement among family members for how to manage screen use.
4. Demonstrate how the media plan works by walking the group through how to set up a family media plan for a child between the ages of 18-24 months. Work together to choose options and discuss how the information could be an educational opportunity for families.
5. Demonstrate the media calculator and/or allow time for participants to try out the calculator using their own families as examples.



6. Wrap up the activity using the following discussion questions:
 - a. *What are your top five tips to share with families about screen time?*
 - b. *What ideas do you have for families when they express a concern or want to change their screen time habits?*
 - c. *How could we, as a program or as individuals, share this information with families without conveying a judgmental message?*
7. After the meeting, email participants the following resources:

For the practitioner:
[Technology and Toddlerhood](#) (EI Strategies for Success Blog)

To share with families:
[A Parent's Guide to Screen Time](#) (MSU Denver – written during the pandemic)
[Screen time for kids: How much is too much?](#) (babycenter)
[AAP Media Plan](#) (American Academy of Pediatrics – available in English and Spanish)



ADDITIONAL RESOURCES

Article:

[Media and Young Minds \(American Academy of Pediatrics\)](#)

Archived Webinars:

[The Digital Distraction - The Intersection Between Technoference and the Parent-Child Dyad - Part I](#)
[The Digital Distraction - The Intersection Between Technoference and the Parent-Child Dyad - Part II](#)

