

SCREEN TIME TOGETHER: MODELING HEALTHY BEHAVIORS

- Young children naturally want to do what you do. You can help your children develop healthy screen time habits, and being a good role model is where it begins.
- Keep the television turned off during mealtimes, and talk about your child's day.
- Go with calm, quiet programs. Slower-paced viewing gives your child time to think and absorb what they are seeing.
- Engage children while watching the program—ask them about the characters, situations and outcomes on the program.
- Limit exposure to commercials by recording programs or viewing only public television stations.
- To help make connections for children with material they see, talk about it when out during other activities. For example, refer to colors of the sky or plants when out walking, like the colors you saw in the TV show/game/movie watched together.
- Get your child moving whenever possible. Act out what you see the characters on the screen doing. If they are playing ball, take out a ball and roll it back and forth, or have your child toss it into a bucket. If the fish on the screen are swimming, stand up with your child and move your arms to pretend you are swimming, too.
- Bring your children to the Rochester International Children's Film Festival.

MONTH OF THE YOUNG CHILD

The Rochester International Children's Film Festival is a project organized in collaboration with the Rochester Chapter, New York Association for the Education for Young Children.

Every April, RAEYC celebrates the children in our community and the families and organizations that support their growth.

For a full listing of activities, including the Rochester International Children's Film Festival, please visit

www.kidsfestroc.org



For more information on the Children's Film Festival, visit:

www.kidsfestroc.org
www.libraryweb.org



Screen Sense for Families

pamphlet provided by:

Rochester International Children's Film Festival

*providing an accessible forum
for non-violent, artistic films
and other media as part of
literacy education for children,
their families and caregivers*

During the first two years of life, a child's brain and body experience important growth and development, and exposure to screen time can detract from important social interactions with caregivers.

WHAT IS SCREEN TIME?



- Screen time includes TV, videos, DVDs, computers, tablets, video games and handheld devices (e.g., smart phones).
- For young children, screen time does not include teachers using e-books or tablet computers to read children stories, using Smart Boards for interactive instruction, connecting with families through Skype or other videoconferencing programs.

What does the American Academy of Pediatrics say about young children and screen time?

- **Be the parent and be a role model.** Play with them. Set limits. Be involved. Limit your own media use, and model online etiquette.
- **We learn from each other.** Research shows that young children learn best via two-way communication. Talk time between parent and child is critical for language development.
- **Content matters.** The quality of the content matters. Prioritize how your child spends viewing time.
- **Be engaged when your kids are using technology.** For infants and toddlers, co-viewing is essential.

Source: American Academy of Pediatrics

WHAT IS THE CHILDREN'S FILM FESTIVAL?

The **Rochester International Children's Film Festival** — held annually in April during the Month of the Young Child — is an innovative collaboration of community organizations offering high-quality and non-violent films to children and families. International film selections are made by veteran film programmer Ruth Cowing, and are approved by local educators and early childhood specialists. In addition, the festival provides training for educators on the effects of media and on the importance of supporting parents to make appropriate media choices for children. Since 1984, the Federal Communication Commission no longer regulates children's television. Now our media exposes children to many kinds of violence as glamorous, exciting and fun. Educators note the violence children experience on TV, in video games and other media often inspires aggressive behavior. Our goal is to create awareness of this issue and help parents and caregivers choose entertainment appropriate for young children.

DID YOU KNOW?

Children who watch a lot of TV, movies and similar media tend to:

- ◆ Spend less time reading
- ◆ Have less developed vocabulary
- ◆ See food in programs and ads that promote unhealthy eating choices
- ◆ Exercise less
- ◆ Model behaviors from television (as young as a one-year-old)
- ◆ Imitate actions and scripts from TV programs instead of creating their own play ideas



Sponsors include:

- 292-Baby
- Animatus Studios
- Central Library of Rochester & Monroe County
- Children's Institute
- The Community Foundation, Rochester's Child
- DeBergerac Productions
- Early Childhood Education Quality Council
- Family Childcare Satellites of Greater Rochester
- Friends & Foundation of the Rochester Public Library
- Gilbert Spirit Fund, First Unitarian Church
- Rochester Chapter, New York Association for the Education of Young Children
- Rochester Childfirst Network
- Rochester City School District, Office of Early Childhood Education
- Rochester Rotary
- Spindler Family Foundation
- Spiritus Christi Church



**GENESEE
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GRANTS**

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For a more information, please visit:
facebook.com/childrensfilmfestival or kidsfestroc.org