

Screen Time Definition

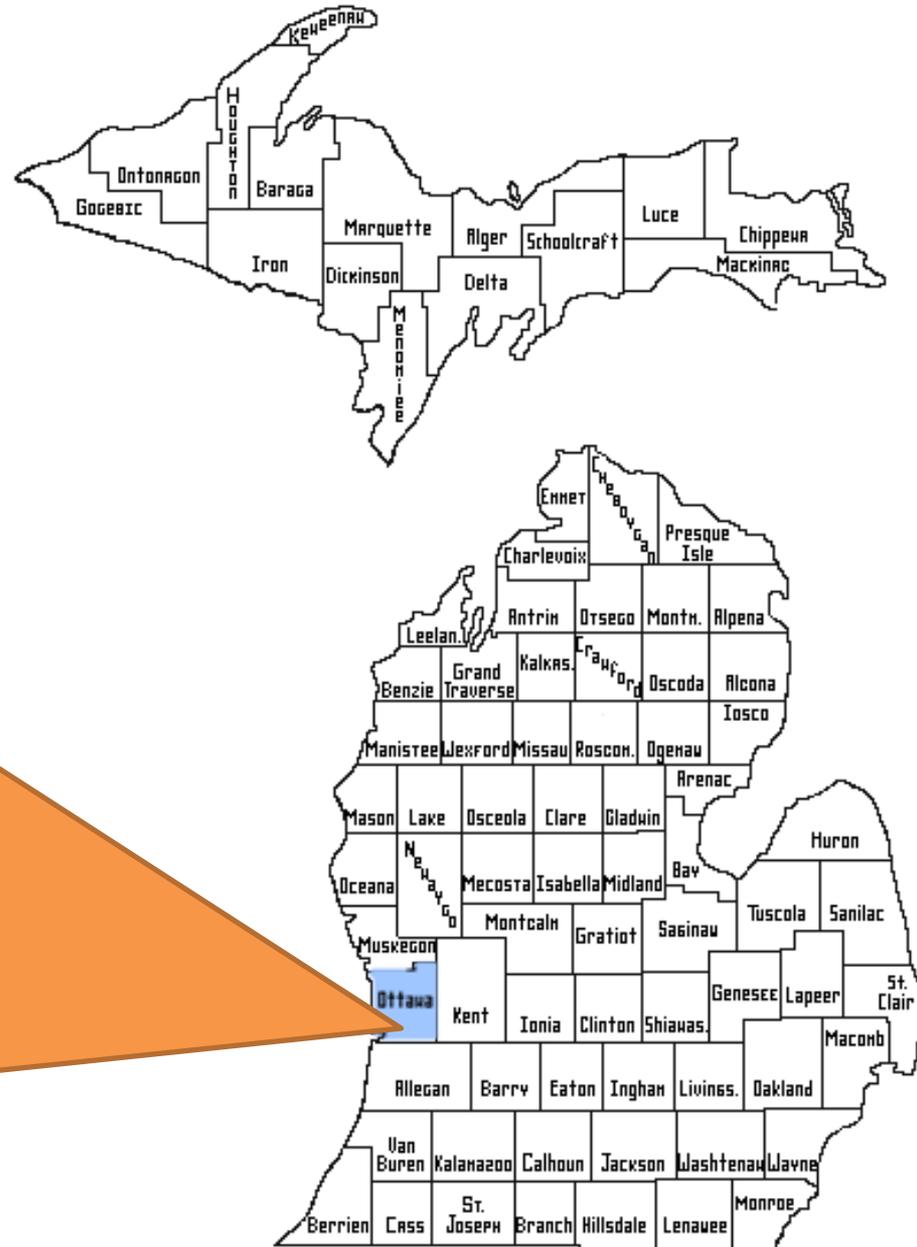
Screen time can be described as the time spent viewing of TV/video, computer, electronic games, hand-held devices or other visual devices.

Screen Time Policies

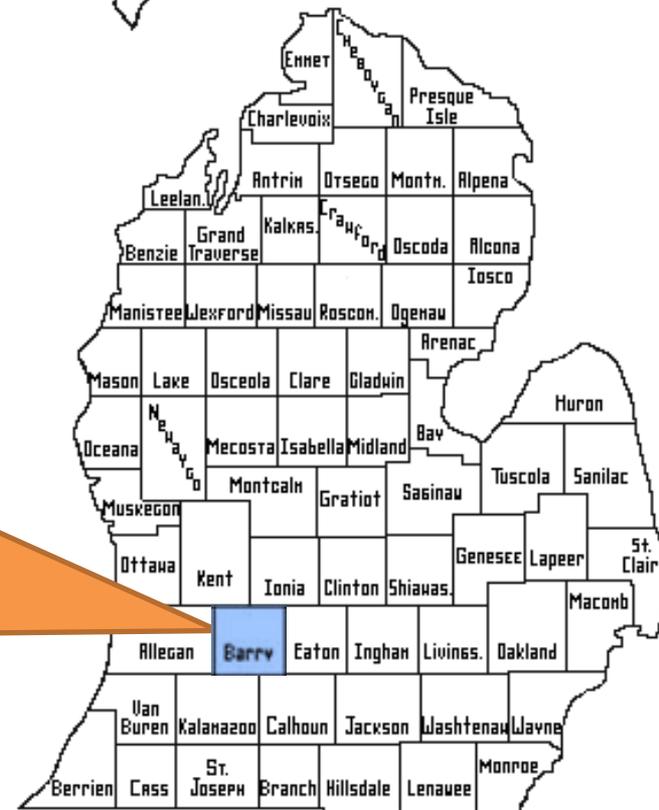
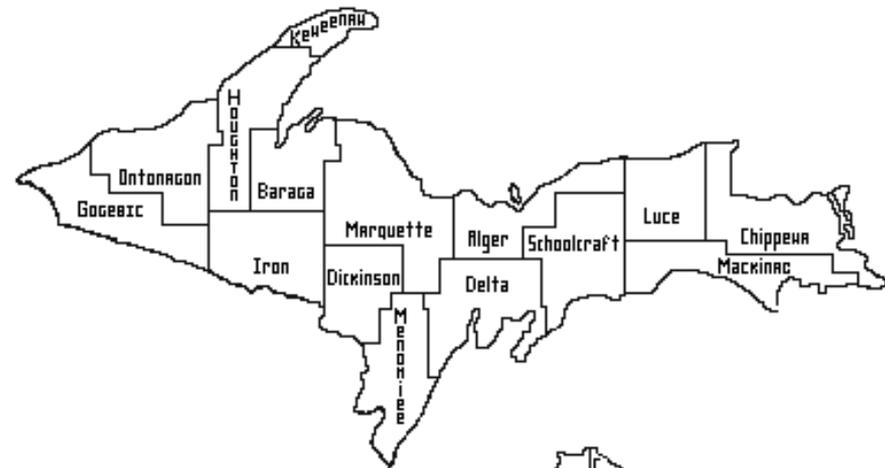
A POLICY is a written commitment to families you serve to follow guidelines according to standards of quality for health, safety and school success

Policy Examples that Meet or Exceed the BEST PRACTICE

Computer time is limited to two days a week and 15 minutes per child at this facility.

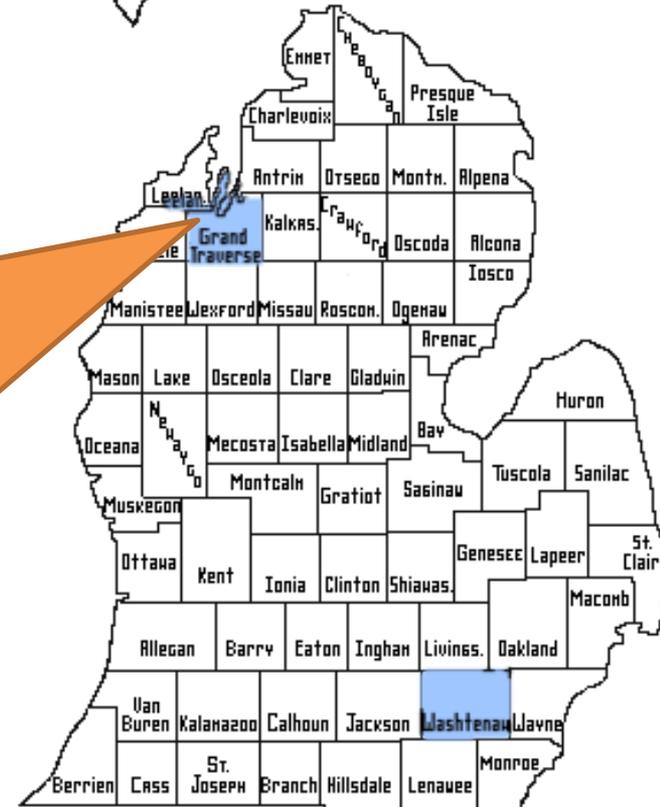
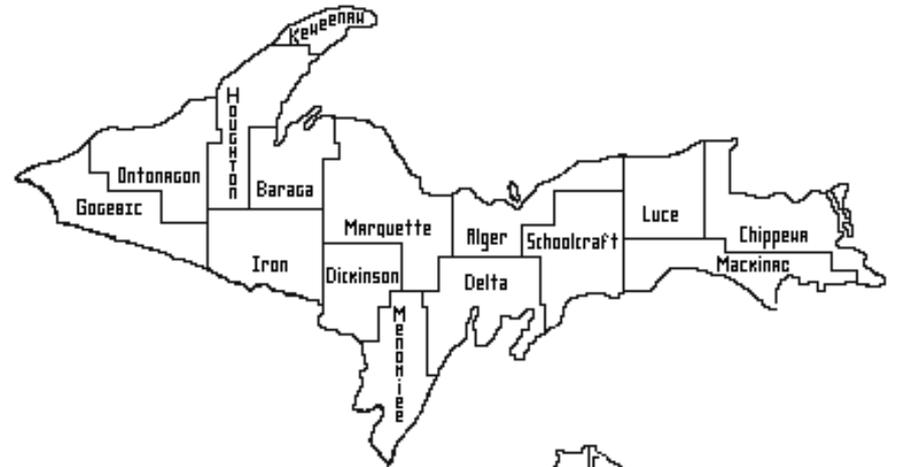


We do not have computers, televisions, video games or anything related in our center. I send information home on our newsletter regarding the effects of long viewing screen time and video game playing for preschool age children.

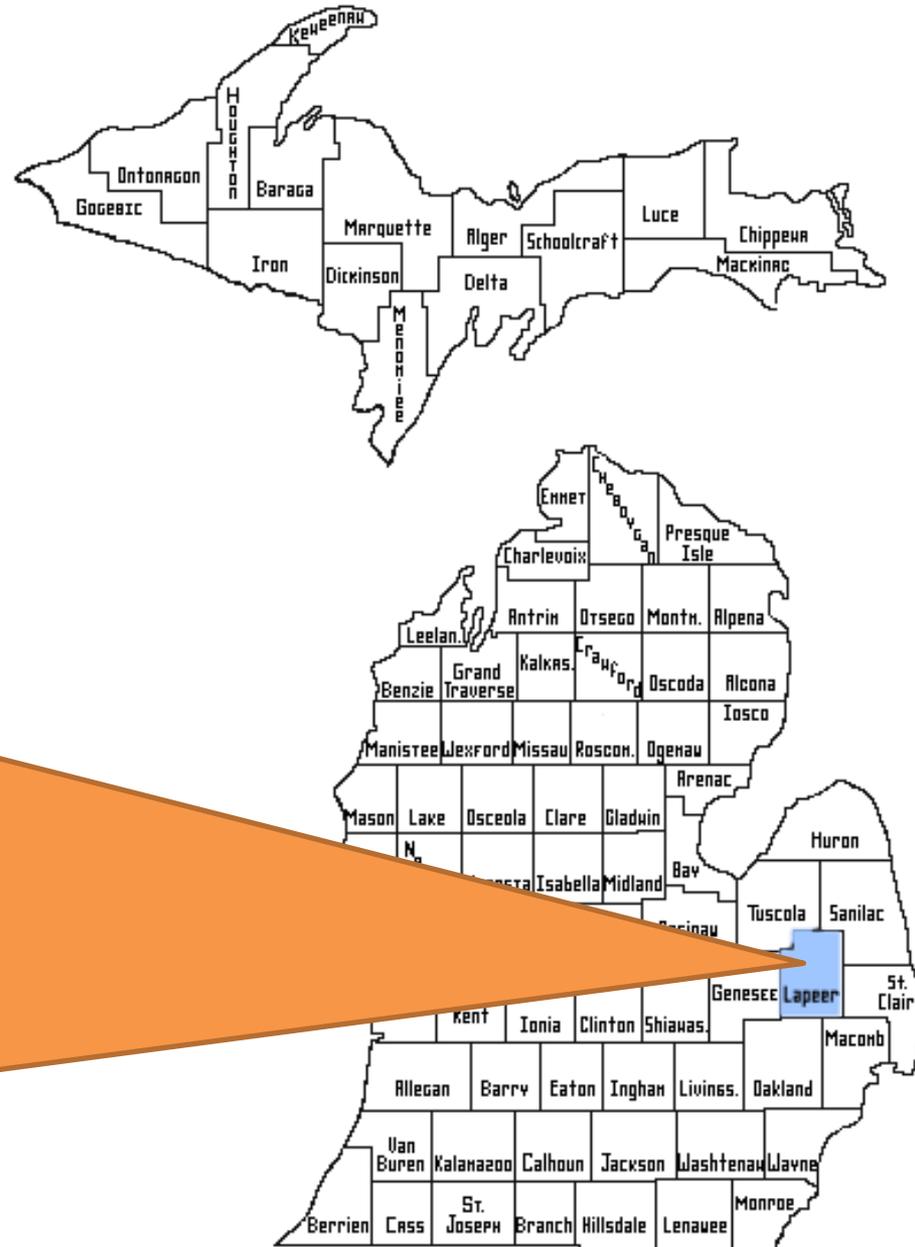


Other Policy Examples

Our Program uses a timer system which limits how long each child can be on the computer.



- ✓ TV is not used at this facility.
- ✓ No more than 20 minutes of Computer/iPad time per day.
- ✓ In the event of inclement weather causing the children to stay indoors during outside time, the children are given 20 minutes to play Just Dance (a physical activity game) on the Wii.
- ✓ The rest of our “free” time is spent outdoors playing “Simon Says” using the parachute, for example, OR an indoor physically-active game.



✓ This center limits the amount of screen time available to children each day.

✓ The computer you see in the child care area is used for billing/paperwork and is not used on a regular basis by the children.

✓ The television is used for special occasions (for example, a movie during a holiday party) and NOT as a babysitter.

✓ Occasionally children are allowed to watch educational programs during, but this screen time does not exceed 30 minutes per day.

