



Screen Time Policy

The Aleph Preschool prides itself on having a variety of teaching tools so children are not exposed to screen time on a daily, or even weekly basis. We do not have computers, televisions or video games in our center. The iPad in the classroom is used for teacher-parent communication and is not used by the children. The iPad with a screen projector may be used on special occasions to a maximum of 20 minutes provided there is an educational purpose. Toddler parents are informed ahead of time and should they choose to opt out, alternate childcare is arranged for the duration of the video presentation. In the event of inclement weather causing the children to stay indoors during outside time the children play in our indoor gross motor facility.

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

Studies have shown that excessive media use can lead to attention problems, school difficulties, sleep and eating disorders, and obesity. In addition, the Internet and cell phones can provide platforms for illicit and risky behaviors.

By limiting screen time and offering educational media and non-electronic formats such as books, newspapers and board games, and watching television with their children, parents can help guide their children's media experience. Putting questionable content into context and teaching kids about advertising contributes to their media literacy.

The AAP recommends that parents establish "screen-free" zones at home by making sure there are no televisions, computers or video games in children's bedrooms, and by turning off the TV during dinner. Children and teens should engage with entertainment media for no more than one or two hours per day, and that should be high-quality content. It is important for kids to spend time on outdoor play, reading, hobbies, and using their imaginations in free play.

Television and other entertainment media should be avoided for infants and children under age 2. A child's brain develops rapidly during these first years, and young children learn best by interacting with people, not screens.

- See more at: <https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/pages/media-and-children.aspx#sthash.naKvIcXQ.dpuf>