

The Science & Guidance on Screen Media and Kids

Where We Stand in 2019

Lisa Guernsey, New America

From news & blogs, still mixed signals...

A screenshot of a mobile news article header from The New York Times. The background is black. At the top left is a white hamburger menu icon. In the center is the 'The New York Times' logo in white. At the top right is a white profile icon. The main title is in large white serif font: 'A Dark Consensus About Screens and Kids Begins to Emerge in Silicon Valley'. Below the title is a quote in smaller white serif font: 'I am convinced the devil lives in our phones.'

☰

The New York Times

👤

A Dark Consensus About Screens and Kids Begins to Emerge in Silicon Valley

“I am convinced the devil lives in our phones.”



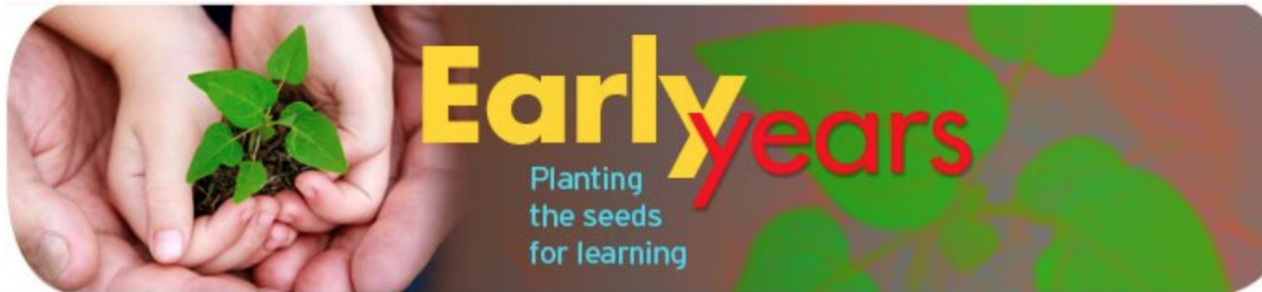
By Nellie Bowles, Oct. 26, 2018



From news & blogs, still mixed signals...



Education Week's blogs > Early Years



[« Head Start Wants to Back Off Its Mandate to Lengthen Operating Hours](#) | [Main](#) | [Could 'Redshirting' Become A Thing of the Past in Illinois? »](#)

World Health Organization Recommends No More Than One Hour of Screen Time for Most Children Under 5

By Sasha Jones on [April 24, 2019 2:47 PM](#)

From news & blogs, still mixed signals...



 SIGN IN

 NPR SHOP

 DONATE

 NEWS

 ARTS & LIFE

 MUSIC

 SHOWS & PODCASTS

 SEARCH

EDUCATION



Forget Screen Time Rules — Lean In To Parenting Your Wired Child, Author Says

January 15, 2019 · 1:15 PM ET



ANYA KAMENETZ



From news & blogs, still mixed signals...

HEALTH • WELLNESS

Experts Say 'How Much' Is the Wrong Way to Assess Screen Time



By Markham Heid, May 29, 2019



Guidance from National Organizations

Emphasis on the importance of parents and educators in young children's lives

A joint position statement of the National Association for the Education of Young Children and the Fred Rogers Center for Early Learning and Children's Media at Saint Vincent College

Technology and Interactive Media as Tools in Early Childhood Programs Serving Children from Birth through Age 8

Television was once the newest technology in our homes, and then came videos and computers. Today's children are growing up in a rapidly changing digital age that is far different from that of their parents and grandparents. A variety of technologies are all around us in our homes, offices, and schools. When used wisely,

media. When the integration of technology and *interactive media* in early childhood programs is built upon solid developmental foundations,



Screen Sense: Setting the Record Straight

SCREEN SENSE: SETTING THE RECORD STRAIGHT

Research-Based Guidelines for Screen Use for Children Under 3 Years Old



Available for download: The white paper, key findings document, and tips for using screen media with young children.

and tips for using screen media with young children.
Available for download: The white paper, key findings document



New screen time rules for kids, by doctors

By Hailey Middlebrook, CNN

🕒 Updated 12:06 AM ET, Fri October 21, 2016



 **PBS NEWSHOUR**

THE RUNDOWN

A BLOG OF NEWS AND INSIGHT

HEALTH SUPREME COURT VOTE 2016

HEALTH

Pediatricians relax guidelines on screen time for kids to give more flexibility

 WAMU 88.5 news arts & life
nprEd HOW LEARNING HAPPENS



3:16

+ Queue

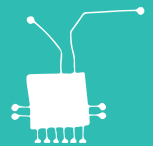
Download

Embed

American Academy of Pediatrics Lifts
'No Screens Under 2' Rule

October 21, 2016 · 12:05 AM ET
Heard on Morning Edition

ANYA KAMENETZ



[Home](#)[Create Your Family Media Plan](#)[Media Time Calculator](#)

Create Your Family Media Plan

Create a Media Plan that specific to your family. Name your plan & enter the names & ages of

Enter Your Family Name

My Children

Child's Name

Age

18-24 months ▾

[Remove](#)

[Add Another Child](#)

Next





U.S. Department
of Education



U.S. Department
of Health and Human Services

Early Learning and Educational Technology Policy Brief

OCTOBER 2016



tech.ed.gov/earlylearning/



TAP, CLICK,
READ

The Three C's: Content, Context, and Your Child

Become more mindful in using digital technology with young children by taking this quiz.

Content

Is your child watching media or playing games that are violent, scary, or troubling to him/her? -2

Are the characters modeling positive social skills? +1

Are the media designed to promote conversation or help build language skills? +1

Context

Are you leaving the screen or TV on even when no one's watching? -2

Are media replacing calming routines that could help during bedtime? -1

Do you have moments in which you are jointly watching or playing with your child? +2

After your child watches or plays

Your Child

Do you see particular media experiences assisting your child as he/she progresses in motor skills, social skills, or language development? +1

Have you started to differentiate between media experiences that are not helping your child's



The *Common Sense Census: Media Use by Tweens and Teens* identifies four main categories of screen time.

- **Passive consumption: watching TV, reading, and listening to music**
- **Interactive consumption: playing games and browsing the Internet**
- **Communication: video-chatting and using social media**
- **Content creation: using devices to make digital art or music**

Guidance from Local or Specialized Organizations



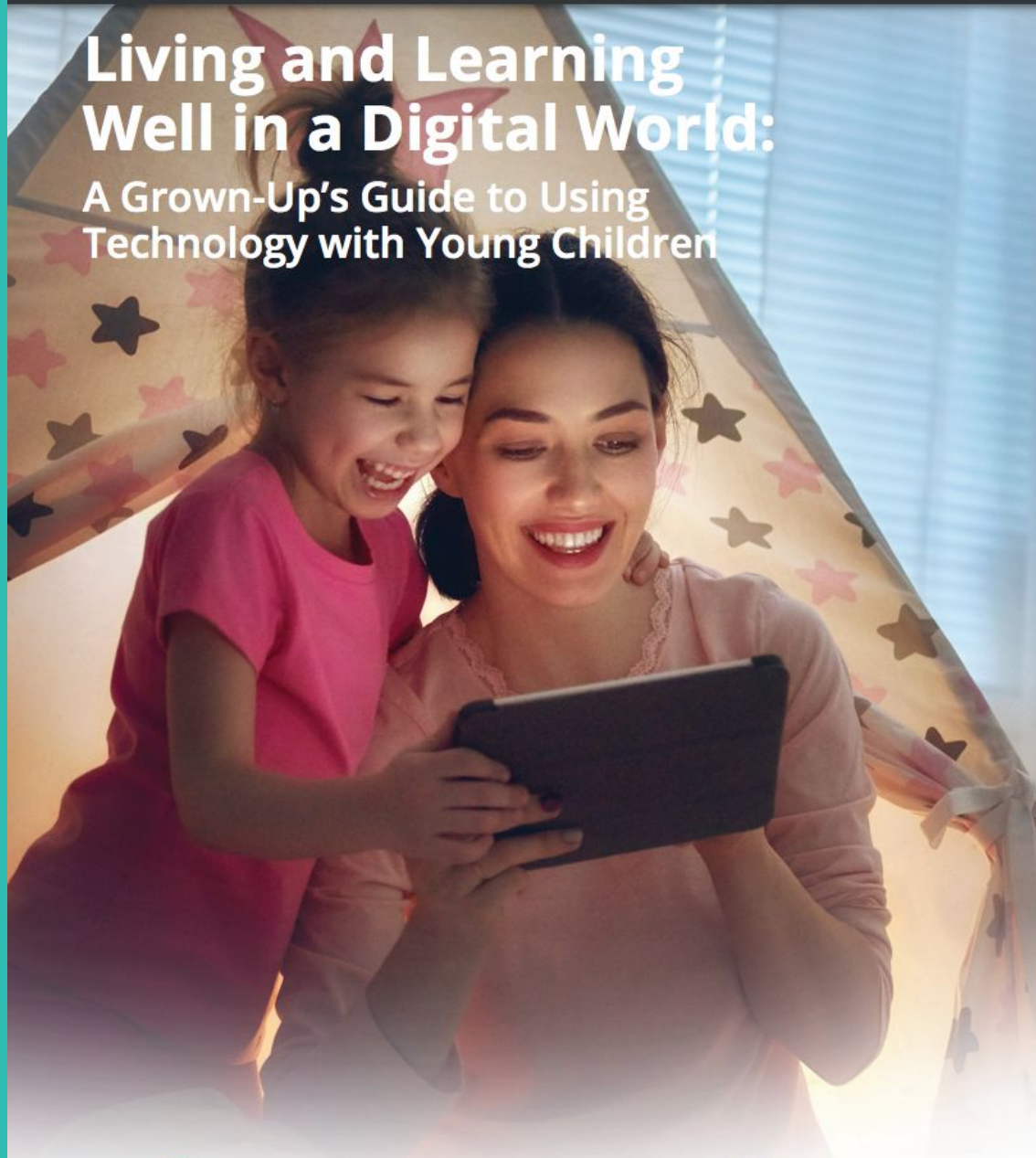
Investing in School Readiness

Tapping Into Technology

Connecting Children, Teachers, and Families in the Digital Age

Living and Learning Well in a Digital World:

A Grown-Up's Guide to Using Technology with Young Children





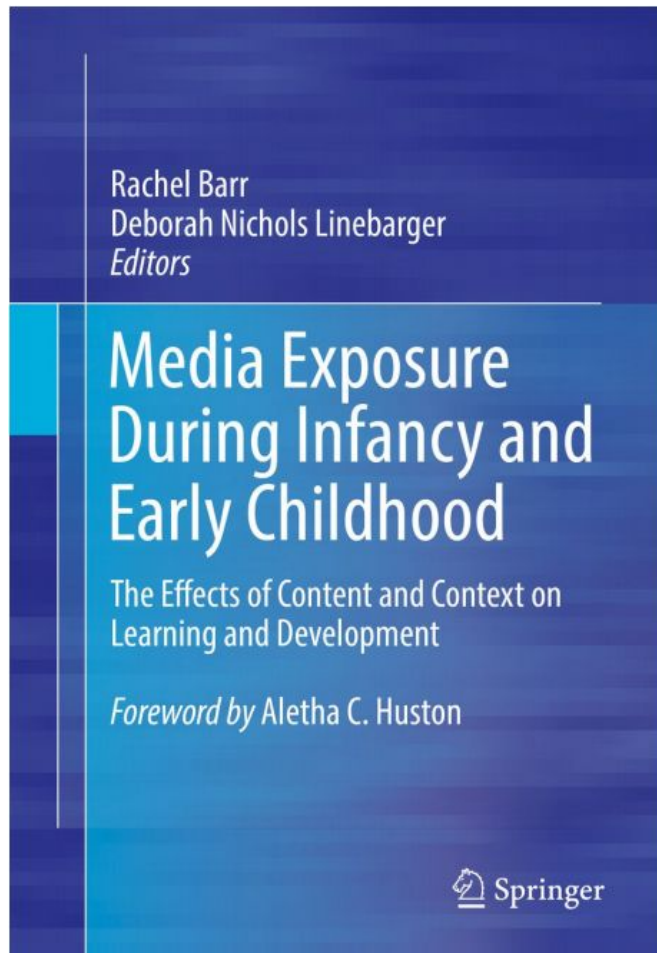
Apps en Familia

Guía para usar apps con tus hijos

Latest Findings from the Learning Sciences

Going deeper on the nuances of content,
context, and diversity of children's
backgrounds and needs

New Volume on Scientific Findings



Implications for:

- *Parenting programs*
- *Library design*
- *School budgets and purchasing choices*
- *Teacher training*

The health impacts of screen time: a guide for clinicians and parents

- Released in December 2018
- Review of 940 abstracts, finding 12 systematic reviews that met criteria.
- Based primarily on research about TV viewing

Quoting the RCPCH report:

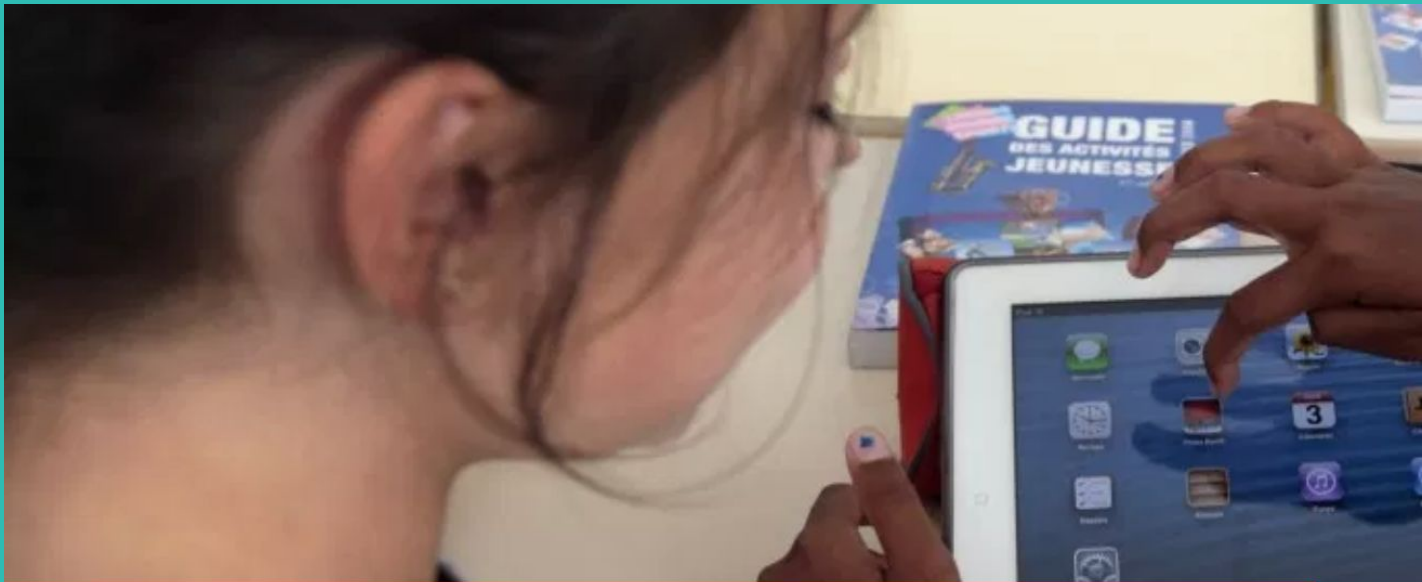
What does the **association** between screen time and negative outcomes mean?

It is important to note that an association does not imply a causative link. There are several ways to interpret these associations, as follows:

1. Screen time is directly 'toxic' to health. This view is popular outside the scientific literature, **but has essentially no evidence to support it.**

.....

4. Screen time displaces positive activities... **we feel that this is the main way in which screen time and negative outcomes may be linked.**



EDUCATION PLUS DEVELOPMENT

Screen time for children: Good, bad, or it depends?

Kathy Hirsh-Pasek, Natalie Evans, and Roberta Michnick Golinkoff ·
Wednesday, February 6, 2019

Published on BROOKINGS website

<https://www.brookings.edu/blog/education-plus-development/2019/02/06/screen-time-for-children-good-bad-or-it-depends/>

Books Sorting out the Science

- *Screen Time*, by Lisa Guernsey
- *Screen Wise*, by Devorah Heitner
- *Media Moms and Digital Dads*, by Yalda Uhls
- *Tap, Click, Read*; By Lisa Guernsey and Michael H. Levine
- *The Big Disconnect*, by Catherine Steiner-Adair
- *The New Childhood*, by Jordan Shapiro
- *The Art of Screen Time*, by Anya Kamenetz

and more

Now in Focus: The Importance of Mentoring Parents and Educators

Recognizing the Need for New Systems and
Models for Reaching Families, Empowering
Parents, and Upskilling Librarians and
Teachers

BECOMING A MEDIA MENTOR

A Guide for Working with
Children and Families

Claudia Haines, Cen Campbell, and the
Association for Library Service to Children (ALSC)

FOREWORD BY CHIP DONOHUE



ROUTLEDGE

Family Engagement in the Digital Age

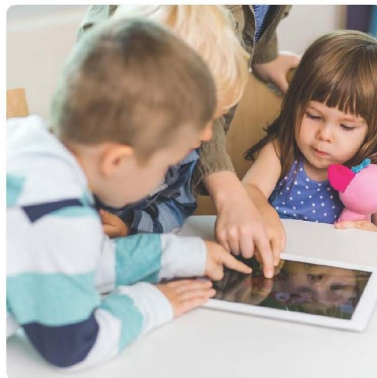
Early Childhood Educators as Media Mentors

Edited by Chip Donohue

Foreword by Ellen Galinsky



Media Mentorship in Libraries Serving Youth



Adopted by the ALSC
Board of Directors on
March 11, 2015



Written for the Association for Library Service to Children by
Cen Campbell, Claudia Haines, Amy Koester, and Dorothy Stoltz

Final thoughts

We all need tips for:

- Digital well-being
- Social interaction
- Literacy of all kinds
 - Media literacy and critical thinking skills
- Learning to be learners
- Avoiding over-commercialization
- Protecting privacy