



August Newsletter 2021

Upcoming Events:

Aug 9th-13th Final goodbyes to our graduating class

Aug 16th and 17th Closed for deep cleaning days.

August Parent Mini Survey. Keep your eyes out for an email.



Procure SOLUTIONS We are switching programs, so if you receive an invite, it is not spam! Eventually, we will be able to have you clock your child in and out through our kiosk or via the **Procure** app on your phone. We can send updates and pictures of your child, send an electronic version of their daily sheet (infant and toddler room) and even pay tuition through **Procure** with your phone. We will officially change over in September. Until then, we are playing around with it and learning as we go. We hope this new program is beneficial to both the school and our families.



Healthy Habits for TV

Reviewed by: [KidsHealth Medical Experts](#)

TV can be excellent sources of education and entertainment for kids. But too much screen time can have unhealthy side effects.

That's why it's wise to [monitor and limit the time](#) your kids spend, watching TV, and using the Internet.

What's Recommended?

The American Academy of Pediatrics (AAP) issued these guidelines for screen time:

- **Babies and toddlers up to 18 months old:** **No screen time**, with the exception of video-chatting with family and friends.
- **Toddlers 18 months to 24 months:** **Less than 1 hour** of educational screen time with a parent or caregiver.



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- **Preschoolers:** **No more than 1 hour** a day of educational programming, together with a parent or other caregiver who can help them understand what they're seeing.

Kids should have a wide variety of free-time activities, like spending time with friends and playing sports, which can help develop a healthy body and mind.

Screen Time

Here are some practical ways to make kids' screen time more productive:

- **Stock any rooms that have a TV, computer, or other devices with plenty of other non-screen entertainment** (books, kids' magazines, toys, puzzles, board games, etc.) to encourage kids to do something non-screen related.
- **Keep TVs, iPads, and other screens out of kids' bedrooms.**
- **Turn off all screens during meals.**
- **Treat screen time as a privilege** that kids need to earn, not a right that they're entitled to. Tell them that screen time is allowed only after chores and homework are completed.
- **Try a weekday ban.** Schoolwork, sports activities, and job responsibilities make it tough to find extra family time during the week. Record shows or save video games for weekends, and you'll have more family togetherness time to spend on meals, games, and physical activity during the week.
- **Set a good example.** Limit your own screen time.
- **Check the TV listings and program reviews.** Look for programs your family can watch together (like developmentally appropriate and nonviolent programs that reinforce your family's values). Choose shows that foster interest and learning in hobbies and education (reading, science, etc.).
- **Preview programs.** Make sure you think they're appropriate before your kids watch them.
- **Use the ratings.** Age-group rating tools have been developed for some TV programs and usually appear in newspaper TV listings and onscreen during the first 15 seconds of some TV programs.
- **Use screening tools.** Many new standard TV sets have internal V-chips (V stands for violence) that let you block TV programs and movies you don't want your kids to see.
- **Come up with a family TV schedule.** Make it something the entire family agrees on. Then post the schedule in a visible household area (like on the refrigerator) so that everyone knows which programs are OK to watch and when. And make sure to turn off the TV when the "scheduled" program is over instead of channel surfing for something else to watch.
- **Find out about other TV policies.** Talk to other parents, your doctor, and your child's teachers about their TV-watching policies and kid-friendly programs they'd recommend.
- **Offer fun alternatives to screen time.** If you want your child to turn off the screen, suggest alternatives like playing a board game, starting a game of hide and seek, or playing outside.

Talking Is Important

Talk to kids about what they see on screens and share your own beliefs and values. If something you don't approve of appears on the screen, turn off the screen and use the opportunity to talk with your child.

Here are some suggestions:

- "Do you think it was OK when those men got in that fight? What else could they have done? What would you have done?"
- "What do you think about how those people were acting at that party? Do you think what they were doing was wrong?"
- If certain people or characters are mistreated or discriminated against, talk about why it's important to treat everyone fairly despite their differences.
- You can use programs and games to explain confusing situations and express your feelings about difficult topics (sex, love, drugs, alcohol, smoking, work, behavior, family life). Teach your kids to question and learn from what they see on screens.