

Try this!

Play

Try some new games together at:
pbskids.org/games
Afterwards, ask your child what their favorite game was and why.

Read

Listen to an actor read a children's book at: storylineonline.net
Pause between pages and ask open ended questions like "how would you feel if that happened to you?"

Learn

Follow along a tutorial video with your child to learn a new activity such as:

- Drawing their favorite character
- Trying a new recipe for dinner
- Making home made slime or play dough

Safety

The internet is **not** a safe place for kids. Caregivers need to be active in maintaining their child's online safety and privacy.

- Be in the know! What apps, platforms, or websites does your child use?
- Use Parental Controls and monitor all online content
- Talk about and teach online safety and privacy



Screen Time and Your Student

Tips for healthy media consumption and promoting language skills

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Make a Plan

Screen time can add up quickly, so it's important to be intentional and set a plan for its role in your home. Ask yourself the following:

- How much screen time do I want in our home?
- What kind of screen time is valuable to us?
- Is screen time getting in the way of other things?
- Am I aware of what kind of media my child is accessing?
- Am I modeling healthy screen time habits to my children?

Active vs. Passive Screen Time

The type of screen time matters! Strive for active and educational screen time.

Active

Screen time is "active" when a child has to engage with it (beyond scrolling) to continue using it. Examples include:

- A puzzle game
- Video chatting
- Learning new skills
- Creating digital artwork

Passive

Screen time is "passive" when a child can engage in it without interacting beyond scrolling. Examples include:

- Watching television
- Scrolling on social media
- Watching videos on YouTube or TikTok

Some online videos can be watched actively e.g. following along with a drawing tutorial on YouTube

Tips for Better Screen Time

Watch content together

Watch television shows and movies with your child. Take breaks to ask open ended questions or have a conversation afterwards to facilitate learning. Here are some questions to get you started:

- How does the character feel?
- Why do they feel that way?
- What is the problem?
- How would you solve the problem?

Take a Turn

Ask your child to teach you to play their favorite video game. Explaining the steps to complete a task is a great language activity, turning their favorite game into a learning opportunity. Try asking:

- How do I do this?
- Why do we do it this way?