



EARLY CHILDHOOD MENTAL HEALTH CONNECTION

MOVING LIVES FORWARD

SCREEN AND MEDIA TIME

With the new high tech world we live in the desire to allow or have your child use the technology may be your desire. Researchers all agree that children under the age of 2 years old. The need for screen time is not needed and has no positive effects or outcomes for them. After the age of 2 years the screen time needs to be limited and need to continue to have parent involved and supervision regardless of how "developmentally appropriate" the item claims to be.

As a parent you can do these simple things to help them with the screen usage:

1. TALK ABOUT THE PROGRAM.

Ask 2- and 3-year-olds what they thought the show was about, which characters they liked and disliked, how it made them feel.

2. ANSWER CHILDREN'S QUESTIONS.

Children are still figuring out new ideas and concepts. Sometimes they need your help to make sense of what they're seeing on the screen.

3. POINT OUT AND NAME THINGS THEY SEE ON THE SCREEN.

4. BE ACTIVE WHILE YOU WATCH.

Dance to the music, hop around like the bunnies on the show, and so forth.

5. CONNECT WHAT CHILDREN SEE ON TV TO CHILDREN'S "REAL LIVES."

"Do you remember we watched a show about a mail carrier this morning? Here comes our mail carrier! Do you want to watch her deliver our mail?"

6. WHEN THE SHOW IS OVER, TURN OFF THE TV AND ACT OUT THE STORY.

Use puppets to tell the story, or make up your own story to act out together.

7. FINALLY, DO NOT USE TELEVISION SHOWS OR VIDEOS TO PUT CHILDREN TO SLEEP.

This makes it more difficult for them to learn to fall asleep on their own. Also, young children need the love, safety, and security that comes from naptime routines (story, back rub, song) shared with you.

8. LIMIT VIEWING TIME TO ENSURE LOTS OF TIME FOR INTERACTIVE PLAY AND EXPLORATION OF THE REAL, 3-D WORLD.

Young children learn more quickly through interactions that take place during exploration of their actual, physical world. Setting limits is especially important because babies and toddlers are awake only so many hours a day, and most should be spent exploring their "real" world with you, their caregivers, and peers.

9. KEEP THE SCREEN TIME VERY CHILD AGE APPROPRIATE.

Do not have the child become engaged with adult content games, videos and or news stories. Young children have difficulty with separation of reality and fantasy. With the confusion of this area children can become violent, withdrawn, and even anxious towards the world.

Screen time has many benefits like keeping connected with family that is not close and help with activities and give parents some downtime but it should be monitored, talked about and engaged with. Ensuring that the screen time is a fun and appropriate for them.

MEET CENTENNIAL'S EARLY CHILDHOOD CONSULTATION TEAM



AMY NATION, MA
EARLY CHILDHOOD
MENTAL HEALTH SPECIALIST

821 E Railroad Ave
Fort Morgan, CO 80701
Phone (970) 867-4924 Ext.2231
Cell (970) 571-2174
amyn@centennialmhc.org

Ages 0-5

Covers the following
counties:
Logan, Morgan



ERIN POUNDS, MS
EARLY CHILDHOOD
MENTAL HEALTH SPECIALIST

821 E Railroad Ave
Fort Morgan, CO 80701
Phone (970) 867-4924 Ext.1152
Cell (970) 520-3320
erinp@centennialmhc.org

Ages 0-8

Covers the following
counties:
Morgan, Washington
& Yuma



CHERYL BILLS, BSSW, MS
EARLY CHILDHOOD
MENTAL HEALTH SPECIALIST

211 W Main St
Sterling, CO 80751
Phone (970) 522-4549 Ext.291
Cell (970) 762-8044
cherylbi@centennialmhc.org

Ages 0-5

Covers the following counties:
Logan, Phillips, Sedgwick



DANIELLE STOREVIK, MA
EARLY CHILDHOOD
MENTAL HEALTH SPECIALIST

650 E Walnut
Elizabeth, CO 80107
Phone (303) 646-4519
Cell (970) 571-4224
danielles@centennialmhc.org

Ages 0-8

Covers the following counties:
Cheyenne, Elbert, Kit Carson,
Lincoln & Yuma

Contact your local Centennial Mental Health Center for assistance with any Early Childhood need.

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