

## Screen Time - Using Technology for Learning: Ages 4-5

### Using technology appropriately can help your child:

- Gain new information about how the world works
- Learn about and connect with cultures across the world
- Practice composing and sending messages, and prepare for using technology at school
- Demonstrate turn taking in an activity with another child



### Ideas to try with your child:

- Set a timer to help your child accept his time limits on the computer or video game. When the timer goes off, so does the game.
- Sit down and watch public television shows with your child. Talk about the message of the show, such as “Help your neighbor” or “Care for the earth.”
- After an outing, look up information on the Internet about something you saw. Encourage drawing about what was learned.
- Send an email or text message to a family member. Have the child dictate the message to you and have them hit “send.”

### If your child is struggling:

- Remove all technology from your child’s bedroom. This will allow you to monitor **when** and **how much** time is being used on technology.
- Limit the use of computer, TV, and video games. Not more than 30 minutes at a time. Getting up and moving helps our bodies grow.

### Going further:

- Go to the library and look for books on a topic you have explored on the Internet or have seen on TV.
- Download and print activities from the Internet together such as bingo cards or matching games, and play them.

The WA State Department of Early Learning and the Richland School District believes that parents, families, and caregivers are young children’s best teachers. This resource guide, part of *Strong Foundations for School: Resource Guides for Parents of Young Children*, highlights a key developmental skill for **children ages 4-5** that parents can help improve at home.



Adapted from *WA State Early Learning and Development Guidelines, 2012*: “Limit screen time at child care to 30 minutes per week, and at home to two hours per day.” *Growing Up Healthy, Ages 4-5*, pg. 75