



# February 2016

## How much Technology Time is Appropriate?

Kids are spending more time with screen media -- and at younger ages -- than ever before. But there really is no magic number that's "just right." What's more important is the quality of kids' media and how it fits into their - and your family's -- lifestyle.

### Types of Technology Use:

- 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

*Time for each type of Technology use could vary greatly.*

Another thing you could do with your family is to research something that interests the student(s) and create something to represent what you/they learned.

Winter Break



Year-Round Activities instead of Technology

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Have a Tech Free Night or Day this month!</i>	1 Go Outside & Make Snow Creatures	2 Cut paper snowflakes and decorate your windows	3 Go for a family walk and look for animal prints	4 Make paper airplanes and have a contest on who's goes farthest.	5 Number Hunt - call out a number and find objects that make up that number of objects.	6 Set up an indoor obstacle course and see who is the fastest.
7 Go sledding or play on a playground	8 Exercise: 10 Jumping Jacks 10 Hops on each foot Plank	9 Play hide and seek	10 Make homemade Valentine's Day Cards	11 Thumb Wrestle	12 Who can Plank the Longest?	13 Have a Scavenger Hunt or Letter Hunt
14 Balance on one foot for as long as you can. Switch	15 Family Game Night/Day	16 Play indoor soccer with a soft small ball	17 Draw, color or paint a picture to give to someone	18 Put on your favorite music and dance	19 Have a snowball fight, play catch or make snow angels.	20 Blow bubbles *They will freeze in frigid temperatures.
21 Learn and Play a new card game	22 Cook together	23 Fill squirt bottles with colored water and paint the snow.	24 Make Cloud Dough & Play *1 cup baby oil * 8 cups flour Mix with whisk or pastry cutter	25 Write words with cheap shaving cream on the shower walls (spelling/site words)	26 Set up a relay race *fill a cup with small objects *using a spoon move the objects to another cup across the room	27 Go Bowling with empty pop bottles and a soft ball
28 Build a tower with spaghetti and marshmallows	29 Start a new family tradition - Tech Free Time	<p>Technology is very important to your child's education! It is very important to find a <b>Balance between Family, Physical Activity and Technology!</b></p>				



Tools and Apps to Enforce Screen Time Limits



Tech-savvy kids can't push a pencil



Family Media Agreement—K-12



Children and Technology: Parenting Tips for the Digital Age

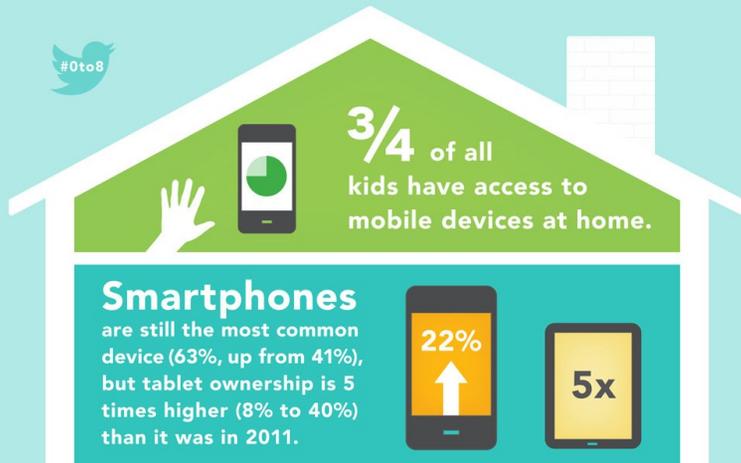
# ZERO TO EIGHT

Children's Media Use in America 2013



## Growing Up Mobile

In the two years since Common Sense Media first reported on the media use of 0- to 8-year-olds, our latest survey in the series, *Zero to Eight: Children's Media Use in America 2013*, shows the media environments and behaviors of young kids have changed. More than ever, they're growing up mobile.



The number of kids who've used mobile devices has nearly doubled since 2011 (38% to 72%).

Average daily use of mobile devices has tripled, from 5 to 15 minutes a day.



## TECH SAVVY TODDLERS:



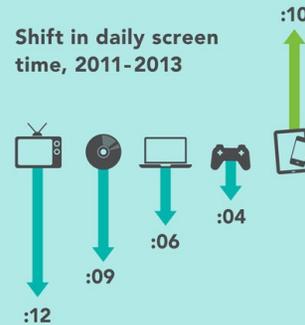
In 2011, 10% of kids under 2 had used a mobile device.

Now, that's grown to **38%** of all kids under 2.

Traditional screen time is down but mobile screen time is up.



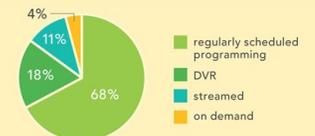
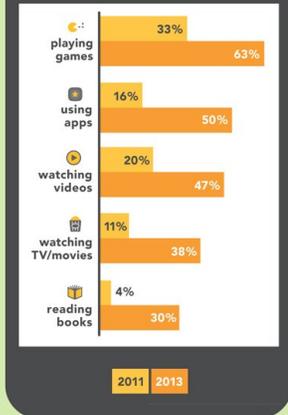
## Shift in daily screen time, 2011-2013



Despite the move to mobile, TV still dominates kids' screen time.

Of the nearly two hours of screen time (1:55), 50% is spent in front of TV sets ... but the when and how is changing.

## What are kids doing on their mobile devices?



Access to mobile media devices has risen among lower-income families, up from 22% to 65% ... but the "digital divide" between rich and poor persists.

## In lower-income families\*:

- 20% have tablets (up from 2%)
- 46% have high-speed internet access



## In higher-income families\*:

- 63% have tablets
- 86% have high-speed internet access

\* lower-income is defined as families earning less than \$30,000 a year

\* higher-income is defined as families earning more than \$75,000 a year

The digital divide impacts access to educational content, too.

TV still rules as the most widely-used platform for educational content (61%), compared to mobile devices (38%), and computers (34%).



Across ALL families, 54% of higher-income kids use educational content on mobile devices,

but only 28% of lower-income kids do.

It's mainly an issue of access. This gap disappears for computer owners and diminishes for those who own mobile devices.

