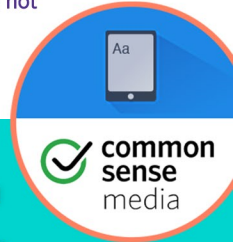# 10 SMART TIPS for SCREEN TIME

ROCKETSHIP

Kids are spending more time with digital devices than ever before. As parents and educators, we want to make sure that time is well spent. Follow these tips to help your Rocketeer find a healthy balance with technology at home:

1 ALL SCREEN TIME IS NOT EQUAL.

Most parents ask "How much screen time is too much?" But all screen time is not equal. For example, reading an e-book is not the same as watching a movie. When you are setting screen time rules for your family, think about *what* is on the screen & *how* it is being used, not just *how much* time is being spent.

common sense media

2 CHOOSE AGE-APPROPRIATE, QUALITY CONTENT.

Common Sense Media is a non-profit that provides independent age-based ratings and reviews for movies, games, apps, TV shows and websites. Before you let your Rocketeer play a new video game or download that app, check its age rating on commonsensemedia.org

3 TALK ABOUT IT.

Make screen time a shared experience. You can learn about what your kids are interested in and help them explore those interests further. Make a habit of asking your child questions about what they are playing or watching.

4 NO DEVICES AT DINNER.

Establish device-free zones during family time. Create a consistent routine of when it is not okay for anyone in your family (including parents!) to be watching screens of any kind.

5 MAKE You Tube A SAFER EXPERIENCE.

Kids love YouTube but not everything on the world's most popular video site is okay for kids. Be sure to turn on "restricted mode" whenever watching, to help filter out inappropriate content. Even better, use the YouTube Kids app, the more kid-friendly version that gives parents more control of their kids' YouTubing.

6 KEEP IT PRIVATE.

Teach your Rocketeer to get your permission before they share *any* personal information, including: name, phone number, email address, passwords, address, school, or pictures.

7 TURN OFF BACKGROUND TV.

A lot of families leave the TV on throughout the day, even when no one is watching. Background TV is a distraction and interrupts meaningful parent-child interactions. Turn off the TV when no one is watching.
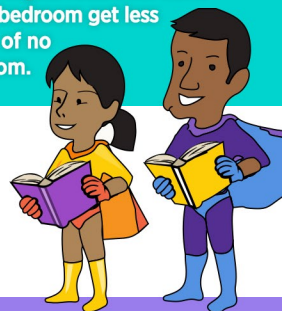
8 NO SCREENS IN BEDROOMS.

Your Rocketeer needs 10 hours of sleep every night. Kids who have TVs, tablets, phones or other devices in their bedroom get less sleep and perform worse at school. Set a rule of no screens of any kind in your Rocketeer's bedroom.

9 BE A GOOD ROLE MODEL.

Kids learn a lot just by watching their parents. Pay attention to how you are using technology. Your children are definitely learning how to use technology just by watching you!

10

Turn screen time
INTO LEARNING TIME

Technology is no substitute for great teaching, but quality online learning programs can help students learn at their own pace and build a love of learning. Your Rocketeer benefits from these programs every day in the Learning Lab at school. There are also great online programs your Rocketeer can use at home. Turn screen time into learning time at home with these recommended educational apps and websites.

TODO MATH

Math practice app designed for all learners, including kids with special needs. Options for dyslexic students and features for kids with language delays, visual processing issues, or under-developed fine motor skills.

Brain POP jr.

Website and app for K-3 students, with activities, games, and cartoons in a variety of subjects. BrainPOP jr. encourages kids to engage in deeper learning, and also has versions for older kids, ESL students, and Spanish speakers. Free and paid versions available.

tapfun

A collection of apps designed for K-3 students to engage them in play-based learning. Topics span math, spelling, and reading comprehension.

ABCya.com

Educational games website organized by grade level and subject categories, including: letters, numbers, and more. The website is free and has lots of games for K-5 students.

KHAN ACADEMY

Free website and app with thousands of educational videos, practice exercises, and a personalized learning dashboard where kids and parents can monitor progress. Content spans STEM, computer programming, history, art, economics, and more.

SPLASH MATH

App and website with common core aligned curriculum for K-5 students. Splash Math features adaptive learning that customizes content to your child's strengths and weaknesses, as well as produces progress reports for parents.

READING BEAR

Free website that teaches beginning readers vocabulary, letter sounds, and basic reading skills with phonetics.