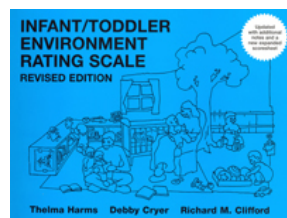


Use of TV, Video, and/or Computer

| ITERS-R Indicator | Why is this important? |
|---|---|
| <ul style="list-style-type: none"> No screen time (TV, computers, tablets, smart phones, electronic games, radio programs, DVD or videos) for children under 24 months. Screen time (TV, DVD or videos) is limited for children 2 years and older to not more than 30 minutes total, once a week, Only 15 minutes per day for computer use (phones, tablets, electronic games). No screen time allowed during meals/snacks. | <ul style="list-style-type: none"> The American Academy of Pediatrics states that children under the age of 2 should not be allowed to view television, due to persuasive research indicating negative effects on young children. Research shows watching TV and playing video games are not good for young children and is associated with risks of obesity and therefore, should be used very little. |
| <ul style="list-style-type: none"> Most of the materials encourage active involvement. <ul style="list-style-type: none"> Children can dance, sing or exercise to video. Computer software interests children. | <ul style="list-style-type: none"> Audio/visual experiences should include active involvement rather than passive activities encouraging more movement from children. |
| <ul style="list-style-type: none"> Many alternative activities (3 or more) accessible for free choice while screen time is being used. <p>Definition: Accessible – children don't have to ask the teacher to get/open materials.</p> | <ul style="list-style-type: none"> Because some children may not be interested in participating in the classroom audio-visual activity, there should be other choices available to them. |
| <ul style="list-style-type: none"> Staff are actively involved in use of screen time. <ul style="list-style-type: none"> Watch and discuss show with children. Do activity suggested in educational TV program. Help children learn to use computer appropriately. | <ul style="list-style-type: none"> When staff are actively involved, they help the children successfully use the media or extend the activity by adding ideas or language. |
| <ul style="list-style-type: none"> Materials used to support and extend children's current interests and experiences. <ul style="list-style-type: none"> DVD on snowman on snowy day. DVD showing children's everyday experiences. | <ul style="list-style-type: none"> Using materials to support and extend interests and experiences allow staff to plan and use materials specifically to provide information on a current topic/interest only. |



SOURCE: *Infant/Toddler Environment Rating Scale (ITERS)*