

Educational & Developmental Intervention Services (EDIS)

Volume V, Issue II

February 2016

What we offer:

- Free developmental screening and evaluation for children under age 3
- Comprehensive developmental screening at well-child visits with Pediatrics at the Hospital
- Therapeutic intervention for children under 3 who have delays in gross motor, fine motor, self-help, social-emotional, cognition, and/or communication skills
- Services delivered at the EDIS clinic, family home, or at the child's daycare
- Resources for parents and children
- Rotating theme-based community playgroups
- Monthly newsletter

Our staff:

- **Dr. Nancy Barber**, Program Manager and Psychologist
- **Jeff Mullins**, Early Intervention Specialist
- **Cheryl Fishman**, Physical Therapist
- **Jenelle Vella-Burton**, Occupational Therapist
- **Jessica Kavanaugh**, Speech Language Pathologist
- **Conchita Cuvillo**, Secretary

Contact us:

The EDIS Clinic is located in Building 1741 in Las Palmeras Housing at the corner of Alicante and Pontevedra
Phone: 727-4029

Screen Time and Development: What is Age Appropriate?

There is no doubt that we live in a digital age and screen time is just part of daily life. Children seem capable of navigating and programming a smart phone or iPad from birth. For many families, screen time with a favorite device is a big part of every day life. Most kids are drawn to the bright colors and interactive screens of modern devices, so when given the choice between wooden blocks or an iPad, we all know what is most likely going to win. While sometimes turning on the television or offering a game on the iPad is just the reality of busy lives, there

are some important facts to keep in mind. The American Academy of Pediatrics just published their recommendations for screen time



usage. The recommendation states that, "interactive media for children under 2 years is acceptable for 30 to 60 minutes a day". The

Academy points out that not all screen time is created equal. For example, 30 minutes of Skyping with grandma and grandpa is much different than 30 minutes of youtube videos.

Do iPads help a child learn? Children learn through interaction, and while there are definitely skills that a child can learn by playing with an iPad, it absolutely does not replace authentic interaction with a caregiver. A study showed that the more a game mimics interaction, the more learning will take place. (Continued on pg. 2)

Playgroup!

Please join us for another fun playgroup at EDIS! We are planning to host a play group for all children 0-3 and their siblings on Wednesday, February 24 from 2:30-4:00pm.

Please contact Jeff Mullins at 727-4029 or at

jeff.m.mullins.ctr@mail.mil to RSVP.

We look forward to seeing you all for some winter time fun!



AAP pediatrician, Dr. Christakis found that brain activity was higher with the group of children playing blocks versus the children watching Baby Einstein on TV. The reality is TV and devices are a part of most of our lives from the youngest member of our family to the oldest. You may be wondering how you can enhance screen time with your child. Experts recommend talking to your child about what is happening in the TV show or providing the tangible object that they are viewing (e.g., plastic animal on the show) to enhance the experience.



DISTRACTION

Often smartphones or iPads are used to calm a child down during a temper tantrum or emotional situation (e.g., Doctor visit). This practice is not recommended as these situations are natural opportunities for the child to learn to self soothe and manage these emotions. Offer a hug or snuggles rather than the iPad to help your child calm down.



BACKGROUND TELEVISION

The AAP also researched and reported on the presence of background television in a home. They stated that, “Background TV actually disrupts the children’s activities—their play, the parent-child interactions, and it’s related to poorer executive functioning,” she said. “When it is on, play is not as complex, and that’s a really important part of how a child develops.” Try switching the television off and turning on music. Music has a positive impact on a child’s growing brain. Calm music can set the tone before nap or bedtime, upbeat music can add an element of fun to a typical play activity, or kid friendly tunes for a silly dance party. Consider making some slight

The reality is technology is a major part of our lives. Information is power and staying mindful of what is best for you and your family is the most important part. Here are some basic suggestions to implement into your day:

1. Use music instead of leaving the TV on in the background. Try mixing up the type of music you use to set the mood of the activity (fast, slow, kid-friendly)

adjustments to your family’s daily routine by decreasing the amount of screen time. It will not only benefit the little ones in your household, but the entire family. Try establishing ‘tech free zones’ during the day such as at mealtime and bedtime. Incorporate new options during those routines such as reading books, playing a quiet game, taking a walk, talking about your day, or just having quiet time. It is important not to model to our children that we need to be using our devices as a default throughout the entire day.



2. Establish ‘tech free’ times during the day for the whole family to be a part of.
3. Engage your child in toys that do not require batteries or have an on/off switch as much as possible. Remember, interaction is the goal.
4. Avoid using the iPad or smartphone to calm your child.

For more information and research on screen time and children, check out these websites:

1. zerotothree.org
2. Aap.org
3. Commonsensemedia.org
4. Healthychildren.org

