

Media Activities

Child Care Learning Centers: 591-1-1-.03(3)(h)1-4/Group Day Care Homes: 290-2-1-.11(6)(g)5.(i-iv)

The use of entertainment media, such as television, videotaped programs or movies and video or computer games shall be limited to:

- Television programs or computer software produced for the benefit of audiences comprised of young children.
- "G"-rated movies, i.e., movies that have been rated by the motion picture industry as suitable for a general audience which includes young children, or movies that have not been rated but which have been fully previewed by the administrator who has determined that the movies were produced for the benefit of young children and are appropriate for viewing by young children.
- No more than two (2) hours daily per child or group.
- Provided only at times when alternative activities are available for children who choose not to participate.

Family Day Care Homes: 290-2-3-.09(7) - The use of entertainment media, such as television programs or video tapes, and computer games shall be limited to programs, tapes, and software that are produced for the benefit of audiences comprised of young children. Such uses of entertainment media shall be used only in addition to other activities, shall not be the primary source of children's activities, and should be limited to no more than two hours daily.

Rule Type: Non-Core Rule

Intent of the Rule

To prevent children's exposure to inappropriate media activities, and to limit the amount of time children participate in such activities within the child care program. To foster independent choice by encouraging children to choose activities based on individual interests and level of development.

Clarification

When used, media activities should be developmentally and age appropriate and should not expose children to violence, to adult situations that they might have difficulty processing, or to situations that might seem confusing or scary. Media activities are not a substitute for hands-on activities and face-to-face interaction with caregivers and peers. When media activities are provided in the child care program, the program must ensure that alternate activities are provided for children with differing interests.

Indicators

- ✓ The child care program staff shall ensure that all movies, television programs, computer software, video games, and any other media sources are age appropriate for viewing by young children. This requirement also applies to media sources brought into the program by children and/or parents.
 - Organizational TIP: Consider storing all approved media in a centralized location so that caregivers will know the media has been viewed and approved by an administrator.
 - Recommendation: Choose programs that are educational in nature, that allow children and caregivers to interact, and that enhance daily learning activities.

- ✓ The child care program staff shall ensure that all media activities are limited to no more than two hours daily.
 - TIP: Store media equipment, such as televisions, outside of the classroom to minimize the likelihood of overuse.
 - Organizational TIP: Consider involving caregivers and parents in the process of developing a policy for limiting screen time in your facility. A written commitment will aid in aligning your program to standards of quality for health, safety, and school success.
 - Recommendation: Based on the American Academy of Pediatrics, the Infant/Toddler Environment Rating Scale (ITERS-R), and the Early Childhood Environment Rating Scale (ECERS-3), media screen time should be avoided for infants and children under the age of two and limited to thirty minutes or less per week for children two years of age and older. Smart boards and I-Pads are considered media sources and count towards media time. Computer use should be limited to no more than fifteen minutes per day. No media screen time should be allowed during meals and snacks.
 - Note: A child's brain develops rapidly during the first years of life, and young children learn best by interacting with people.

- ✓ The child care program staff shall ensure that alternate activities are provided for children who choose not to participate in media activities.
 - TIP: Turning off media when children are engaged in other activities will prevent background noise and distraction.
 - Organizational TIP: Consider storing alternate activities in a designated location. Children can then choose an activity from this location if they become disinterested in the media activity.
 - Recommendation: The following list includes some examples of alternate activities:
 - Puzzles
 - Books
 - Arts/crafts
 - Manipulative toys
 - Note: When used, media activities should supplement other learning activities and should not be used to occupy children while staff are completing other tasks.

Resources:

American Academy of Pediatrics

<https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/pages/media-and-children.aspx>

HealthyChildren.org

<https://healthychildren.org/English/Pages/default.aspx>

<https://healthychildren.org/spanish/paginas/default.aspx>

Caring for Our Children

<http://cfoc.nrckids.org/StandardView/2.2.0.3>

Let's Move! Childcare

<https://healthykidshealthyfuture.org/>

ITERS-R and ECERS-R Notes for Clarification

<http://ersi.info/index.html>