

DECEMBER
Setting Media Limits



DARE to EXCEL:

Creating home environments that help kids succeed at school

Routines change when kids are out of school over the holiday break. Plan ahead for how your kids will spend time – communicate expectations and limits.

Young children who consistently spend hours in front of the TV or playing computer games are at risk for increased anger problems, lower reading scores, and overall performance in school.

Studies recommend that children spend no more than 2 hours per day watching TV and movies, or playing computer or video games that are not related to school work. The American Association of Pediatrics suggests no TV for children under the age of 2.

Children learn from their parents. Pay attention to how much TV you are watching, videogames you are playing, Internet you are surfing, and texting you are doing.

What You Can Do

Take time to play with your child. You both can get active and have fun at the same time! Increased screen time typically results from kids spending time by themselves. Keep computers and TVs out of bedrooms and in a location where you can monitor them.

BE CONSISTENT in what you tell and expect from your child.

FOLLOW THROUGH on consequences.

Brainstorm with your child a list of interesting, fun things to do over the holiday break. Create a list to post on the refrigerator.

PROVEN PARENTING PRACTICES

Routines at home help kids learn

Learning at home helps kids learn at school

Setting limits with love helps kids learn at school

Good nutrition helps kids learn

Physical activity helps kids learn

Sleep helps kids learn

Community programs help kids learn at school



IOWA STATE UNIVERSITY
Extension and Outreach

Prepared by Kimberly Greder, associate professor and extension family life program specialist. Adapted from Dare to Excel: Partner with Us by Marc Peterson, extension 4-H youth development program specialist and Sarah Bickelhaupt, graduate student in human development and family studies, Iowa State University.

... and justice for all. The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or part of an individual's income is derived from any public assistance program. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at 202-720-2600 (voice and TDD). To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue SW, Washington, DC 20250-9410, or call 800-795-3272 (voice) or 202-720-6382 (TDD). USDA is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Cathann A. Kress, director, Cooperative Extension Service, Iowa State University of Science and Technology, Ames, Iowa. PM3013d November 2011



How Media Influences *SLEEP* in Children

Adequate sleep keeps kids' brains working properly and helps them learn and remember things. Watching an action-packed TV show, playing an intense computer or video game, or having a text conversation right before bed can make it difficult for kids to fall asleep. When kids don't have enough sleep it's harder to wake them up in the morning, their day may not start out well, and they are not as attentive at school. Research suggests that children 5-10 years of age need 10 to 11 hours of sleep each night.

WINTER BREAK *ACTIVITIES*

PEANUT BUTTER BIRD FEEDER

Slice of bread Cookie cutter
Peanut butter Knife to spread peanut butter
Yarn, ribbon, or string Birdseed on a plate

PUNCH shape out of bread with cookie cutter.
PUNCH hole into bread to hang yarn.
THREAD the yarn through the hole.
SPREAD peanut butter on bread.
PUSH side with peanut butter into the bird seed (both sides OK).
HANG outside on tree for birds to eat.

SUGAR ORNAMENTS

½ cup sugar 1 tablespoon glitter
2 teaspoons water Yarn, ribbon, or string

MIX all ingredients together in a bowl.
PRESS the mixture into shaped cookie cutters.
POKE hole in top with a drinking straw or pencil.
LET DRY overnight.
REMOVE from cookie cutter the next day.
STRING a loop of yarn through the hole to hang.

OTHER GOOD ACTIVITY IDEAS

do PUZZLES • go to the LIBRARY • READ • play card GAMES • make a SNOWMAN • go for a WALK

How Violent Video Games IMPACT CHILDREN

Children who play violent video games are at risk of forming poor behaviors.

Research Shows

Video games that show fighting and killing can give children negative feelings and the desire to cause harm to others. Violent video games can lower caring feelings toward others and increase problem behaviors such as hitting or harming someone's property.

What Parents Can Do

- Monitor the types of games children bring home or buy.
- Use the video game rating system.

Examples: M-rating is for mature audiences;
EC or E-rating is for fun and educational purposes.



RESOURCES AND INFORMATION

CHILDREN AND TV PODCAST

<http://itunes.apple.com/us/podcast/id423619021>

VIDEO GAMES AND OTHER MEDIA: PROS AND CONS – SCIENCE OF PARENTING

<https://store.extension.iastate.edu/ItemDetail.aspx?ProductID=13423>

OBESITY AND OVERUSE OF ELECTRONIC MEDIA

<https://store.extension.iastate.edu/ItemDetail.aspx?ProductID=13422>