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**Ohio** | Department of Education  
Department of Job and Family Services

# Growing Great Kids

## Beware: Negative Effects of Screen Time

Electronic devices and screens are everywhere in our lives, whether it's a TV, tablet, or smartphone. All of this technology in our lives can be a good thing, but there is also a downside, especially for children.



Children who use handheld screens – smartphones, tablets, and electronic games – before they begin to talk may be at higher risk for speech delays, according to research presented at the 2017

Pediatric Academic Societies Meeting. The more handheld screen time a child's parent reported, the more likely the child was to have expressive speech delays. Each 30-minute increase in handheld screen time translated into a 49 percent increased risk of expressive speech delays.

Limiting children's recreational screen time to 2 hours per day, and coupling this with a good night's sleep and sufficient physical activity, may mean better cognitive function. In one study,

researchers looked at children getting 9-11 hours of sleep a night, less than 2 hours of

recreational screen time per day, and at least 1 hour of daily physical activity. The more recommendations a child met, the better the child's cognitive scores. And, in comparison to meeting none of the recommendations, children who met all three, screen time only, or screen time and sleep recommendations had better global cognitive functioning.

A developing mind is in a critical phase during the very early years. Dr. Kalady

explains. Children, especially those under age 5, need to explore their environments and develop motor skills by moving around and being curious. That isn't happening if they are spending all of their time looking at an electronic device.

The early years are critical for children to spend quality face-to-face time with

parents and caregivers, Dr. Kalady points out. This time together enables children to learn how

to interact both verbally and nonverbally. "Just sit down with your child, or chase them around and let them explore their environment — even if it's a little bit exhausting," she says. "When they are quiet, read them a book or play with 'old school' toys like blocks and puzzles, toys without electronic parts. This allows children to explore, be curious and learn the best."

Information adapted from: The ASHA Leader and Cleveland Clinic.



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## Curriculum Corner

Try these activities at home to help your little ones develop their skills.

### Language/Literacy:

Help your child practice writing the letters in their name. Allow them to use various writing tools such as a pencil, pen, crayon, marker and may-be even paint!

### Math:

Knowing how to touch and count objects is a skill practiced at school. Counting things in your child's home is an easy way to practice this skill. Encourage your child to count the forks or spoons as you are prepping dinner or putting them away after they have been washed. Count socks in the laundry. Count people eating together at dinner. As your child progresses, count things you have multiple items of such as pennies, hair beads or food items like M&M's.

### Fine Motor:

Make a sock puppet with your child. Have your child make a face on the sock and practice picking up small items to glue on the sock to create a puppet. You could use pasta, coins, or even buttons or beans. Then have a puppet show.



Here is an activity from the Creative Curriculum you can do with your child at home:

### A Book About Me

Your child can create a book about themselves and use the book to share important aspects of their life with friends and family.

#### **Why this is important:**

Your child knows many different facts about themselves. You can help your child bring those facts together in a book. Collecting personal items in a book gives your child a reason to feel proud. This book also provides a resource that your child can review again at any time and may be a source of identity and security for your child.

#### **What you do:**

- Help your child collect items that represent favorite things. For example, *You like peaches so much. Let's save the label from this basket of peaches.*
- Encourage your child to set aside objects from special moments. These could include a leaf from their favorite climbing tree, one of their drawings, or a postcard
- Fasten together several sheets of construction paper to make a book.
- Add a title to the cover, such as *A Book About Jon*, or ask your child what they would like to name the book.
- Invite your child to decorate the cover of the book. Let your child attach the objects to each page using glue or tape.

- Talk about each page as your child assembles it: *This page reminds me that your grandma loves you and writes to you. And this shows how much you like to draw with your crayons.*

- Make sure to include empty pages in the book so that your child can add more items later.

#### **Another Idea:**

Encourage your child to share the book with friends and family. Write a few simple words next to a picture such as "My Pet" or "I found". Your child may not use many words to describe each page, but will enjoy sharing life experiences with others. Invite family members to ask your child question about the book.

Check out these great wintry books.

## Let's Read!

**Luna Loves Library Day** by Fiona Lumbers

**The Kissing Hand** by Audrey Penn

**The Jacket I Wear in the Snow** by Shirley Neitzel

**The Mitten** by Jan Brett

**Red Sled** by Lita Judge

**Snow Party** by Harriet Ziefert

**Snowballs** by Lois Ehlert

**Snowmen at Night** by Carolyn Buehner

**The Twelve Days of Winter** by Deborah Lee Rose

**Ten on the Sled** by Kim Norman

<https://www.pre-kpages.com/best-winter-books/>



## Focus and Self-Control

Self-control and focus are both important skills for children to practice in order to succeed in school. Children play many fun games and activities in the classroom to help them learn these key life skills. Here are some that you and your child can do together at home.

**Swap in different words to favorite songs.** Have fun singing songs with a twist. For example, sing “The wheels on the train go round and round” instead of “The wheels on the bus go round and round.” Does your child notice when you use different words? This game can help children develop listening skills.

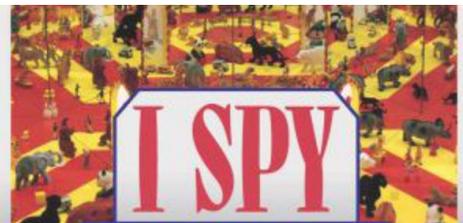
**Play games like Simon Says, I Spy, and “I’m thinking of something that starts with the letter . . .”** These games help children practice focusing, paying attention, and remembering rules—all while having fun.

**Play an opposite game.** To help your child think flexibly, try playing a game where you do the opposite of what you say; for example, say “Simon says, touch your feet” while you touch your head. Or say you will dance quickly to slow music, then put on fast music and dance slowly.

**Play sorting games while cleaning up.** Suggest picking up toys of a particular type, color, or shape. “Let’s pick up the blue crayons first, then the red crayons.” Even cleanup time can be fun and help children focus and think flexibly.

**Try singing a song while waiting in line or at a restaurant.** Children who have tools to help them manage their behavior while waiting—like singing a favorite song—are ultimately more successful in pursuing goals with less frustration and distraction.

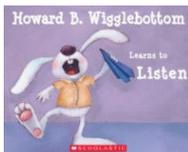
**Choose books, games, and activities that reflect things your child finds interesting**—whether it’s trucks, flowers, or bugs! Children focus best when they care about a topic. What does your child talk about? What themes come up as she plays?



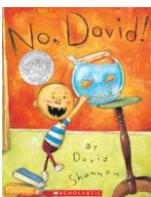
## Books to Teach About Following Directions and Paying Attention

Here are a few books to help teach these important skills.

Howard B. Wigglebottom Learns to Listen

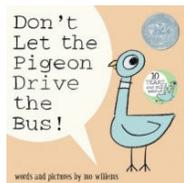


Interrupting Chicken



No, David!

Don't Let The Pigeon Drive The Bus



## Important Dates

- January 20: NO SCHOOL—ALL STUDENTS
- February 3: NO SCHOOL—ALL STUDENTS
- February 17: NO SCHOOL—ALL STUDENTS

### SPREAD THE WORD!

Currently accepting registrations for 2019-

## Enrollment Corner

2020 & 2020-2021 school year. Please visit and/or share our website if you and/or someone you know are interested in enrolling with CPS Preschool.

[www.cps-k12.org/schools/preschools](http://www.cps-k12.org/schools/preschools)

Parents/guardians may contact any hub office for more information.

Hub 1: 2120 Vine St: 363-6580

Hub 2: 2001 Baltimore: 363-1273

Hub 3: 125 W. N Bend Rd: 363-1110

Reminder: State licensing requires all pre-school students to have a current Well Child Check-up on file at all times. If you needs assistance with finding a medical home or scheduling an appointment, contact the Preschool

Assistant School Community

Coordinator at your child's school.

## Guiding Your Child's Behavior

Your preschooler is learning positive behaviors just like she's learning new words and skills.

Challenging behaviors often happen when children feel they don't have another way to express their feelings or another way to get what they need. It's important to stay calm, patient, and consistent as you help your child understand your expectations.

### Your child is very upset and having a temper tantrum.

Try this:

- › Think about what might be connected to the tantrum. Is he hungry or tired, or does he need to go to the bathroom? Address those needs first.
- › Encourage your child to take deep breaths; you can do them together.
- › Speak quietly and bend down to your child's level.
- › Develop logical consequences related to the undesired behavior, promise them, and follow through on using them. ("If you can't wait for your turn on the swing, we'll go over to the slides.")

### When your child is calm and relaxed, it is a good time to put some things in place to encourage positive behavior.

Try this:

- › Talk about family rules and expectations. Your child can help come up with rules and the consequences for not following them.
- › Reinforce positive behaviors ("You're using your words to explain what you want!").
- › Help children with behaviors they're struggling to learn, such as waiting for their turn. Practice them together.
- › Be supportive by modeling positive behaviors.

By Kerry Giordano in Teaching Young Children from NAEYC

## Winter Tree Finger Painting

It's time to get creative with your fingers (and q-tips)!

This simple winter tree finger painting activity is great for kids of all ages but I think preschoolers and kids in kindergarten will enjoy it the most! The q-tip snowflakes also make a fantastic fine motor exercise!

When it's just too cold to go and play outside this simple project will keep them engaged for a while and chances are you have everything you need already at home!

We love sharing winter craft ideas for kids to do, and we're also really happy to share art ideas too!

This one is insanely easy and can be modified to work with all ages, from toddlers to kids in grade school.

There are more than one ways you can go about this winter art project, and it's a great one for the classroom, the use of materials can be modified to make it appropriate for different age groups (we'll share a few tips and ideas later on).

### Winter Tree Finger Painting

What you need:

- sheet of blue paper
- non toxic white paint / fingerpaint
- black marker or black paint and brush
- Ideally you will need a piece of blue paper – you can use any color really but blue paper really works the best to create the winter scenery.
- You'll also need a permanent marker to draw the tree (or you can have your kids make a hand print instead of drawing the tree), some white colors and a q-tip to make the snowflakes.



Now, there are quite a few other "painting" materials you can use to make this winter scenery... Kids can use sponge brushes (circle shape), daubers, clothespins with cotton wool on them, stamps or variety of other materials to make snow. But fingers will always win, as getting messy with your art is the best.

When it's warmer outside be sure to bring some color to the winter by painting little snowmen! If that's not colorful enough there are a ton of different other colorful winter activities you can try with your kids!

Found at:

<https://www.easypeasyandfun.com/winter-tree-finger-painting/>

