A healthy media diet for kids

Spending time watching videos and TV, and playing computer games affects your child's health and development. There are things you can do to make sure she has a healthy "media diet."

1. Set media time limits and stick to them. The American Academy of Pediatrics recommends that young children have no more than two hours of "screen time" per day. Choose educational media when you can.

2. Watch and listen with your child. Talk with her about what each of you likes, doesn't like, and why. Ask questions like, "Who was your favorite character?"

3. Keep TVs and computers out of your child's bedroom. Otherwise, it's hard to know what your child watches and to limit the time.

For help choosing media that is age-appropriate and fun, go to *www.commonsensemedia.org*. (Most libraries in Washington State offer free internet access.) The web site contains:

- Detailed reviews and ratings for TV, movies, websites, video games, music, and books.
- Tips on raising media-smart kids.
- News and research on media.
- A weekly online newsletter.

Common Sense Media is a non-partisan, non-profit organization dedicated to improving the impact of media and entertainment on the lives of children and families.

Helping kids thrive from three to five!

How children learn depends on both who they are and what they experience. What your child learns depends on the experiences the adults in his life share with him. All the adults in your child's life, including parents, grandparents, friends, caregivers, and teachers can use everyday moments to encourage learning.

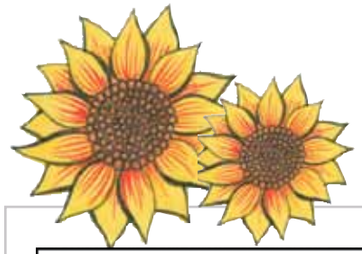
Your child is developing in many different ways:

- Your child's body is growing and changing. He can do new things.
- Your child is learning to manage his feelings, and how to be social with children and adults.
- Your child learns and experiences things in his own unique way.
- Your child learns when he explores the world around him.
- Your child communicates better and begins to understand about written words.

When caring adults support your child's development, he will be better prepared for school when the time comes.

Questions or concerns?

If you have questions or concerns about your child's development, talk with his or her doctor or nurse. You can also call the Family Health Hotline at 1-800-322-2588, or 711 (tty relay), for information about a free developmental screening and further services.



Family Health Hotline
1.800.322.2588
711 (TTY relay)

Programs of WithinReach

www.ParentHelp123.org

CHILD PROFILE
childprofile.org

With generous support from:

Foundation for Early Learning
www.earlylearning.org

Washington State Department of Health

Child Profile is a program of the Washington State Department of Health.

If you have a disability and need this document in another format, please call 1-800-322-2588 (711–TTY relay).

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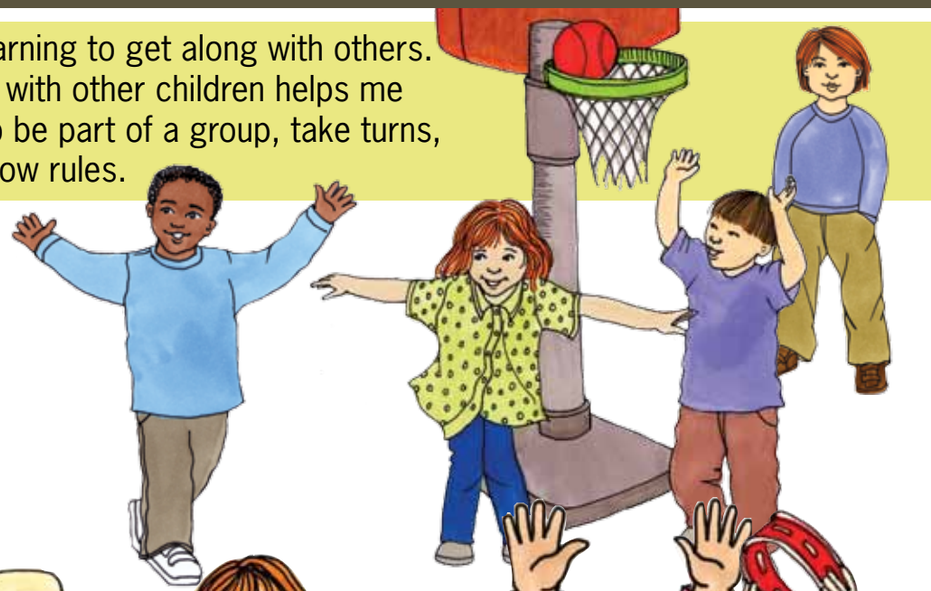
Watch & help me grow 3 to 5 years

Playing is good for my body and my brain!

It helps me learn and develop in many different ways.

I learn from the people and world around me. When I play outside, I can explore. I see birds and plants. I climb on things and play with other children. I learn in a way that is different than when I play inside.

I am learning to get along with others. Playing with other children helps me learn to be part of a group, take turns, and follow rules.



I have my own style in everything I do! When I play, I get to choose whether I want to play on my own, start a new game, watch other children, or join in.

I learn to communicate by being around other people. When I play with grown-ups and children, we talk to each other about the games we play and the things we do.

I grow and learn best when my body is healthy. I get stronger and more coordinated when I run, climb, and play games using my body.

Help me learn and grow from 3 to 5 years old!

You help me learn and grow through everyday things we do together.

Across the top of each block are some things that most children learn to do between ages 3 and 5.

Children learn to do these things in different ways and at different times.

The pictures show something a child might do once they have learned the new skill.

Below each picture is an idea of what you can do to support a child's learning.

Everything I learn, do and feel is connected.

PHYSICAL HEALTH

I grow and learn best when my body is healthy. Make sure that I have a safe place to play, both indoors and outside.

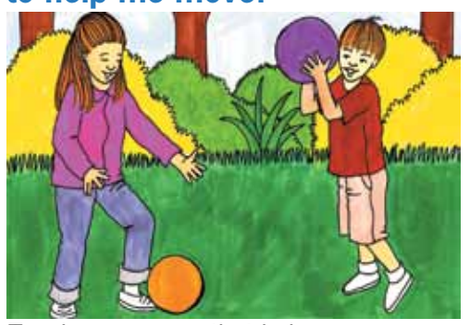
I use my arms and legs in many ways.

Let me run around and jump over things.

I can make things with my hands and fingers.

Give me things like beads to string, and clay to shape.

My senses work together to help me move.



Teach me games that help me use my whole body.

I can help keep myself safe.

Talk about safety rules, and follow them with me.

SOCIAL EMOTIONAL

I need people to love me and understand my feelings. Help me learn about emotions by naming my feelings and talking to me about them.

I am proud of what I can do.

Talk about the things I am learning to do and encourage me.

I want to play with other children.

Let me be with other kids and help me join in their play.

I learn about others' feelings.

When you comfort me when I am hurt or upset, I learn to do the same for others.

I can manage many of my feelings.

Help me name my emotions. Talk to me about your feelings and emotions.

I WANT TO LEARN

I am curious and want to learn about everything. Talk and play with me every day. Help me explore the world around me.

I'm curious and want to learn.

Answer my questions when we do things together.

I decide what I want to play with.

Make sure that I have a lot to choose from when I play.

I keep trying.

Stay nearby and encourage me when I'm trying something new.

I am creative.

Make up songs and dance with me. Follow my lead.

THINGS I KNOW

I learn from the people and the world around me by touching, tasting, seeing, smelling, and hearing. Give me plenty of "hands on" experiences.

I use what I already know to learn new things.

Tell me when something I'm learning to do is like something I can already do.

I understand numbers by counting things.

Show me how numbers are part of everyday activities.

I can talk about the past and the future.

Ask me what I did this morning, or what I plan to do this weekend.

I express myself through art and music.

Make it easy for me to create, using things like paper, crayons, tape, and scissors.

LANGUAGE

I learn to communicate when you talk, read, and play with me. Talk with me about all the things we do during the day.

I am always learning new words.

Read to me every day. Ask me questions and answer mine.

I understand simple directions.

Play with me. I enjoy games with simple instructions I can follow.

I know that words are made from letters.

Put my name on my things. Help me try to write it myself.

I can write some letters.

Help me label my drawings. We can make small books from them.