# Child Care Screen Time Policy

Because we care about the health and well being of the children in our care, we follow best practice recommendations on screen time:

• Children under 2 should have no screen time

• Children age 2 and over should watch less than 1 hour per week at child care.

Screen time includes the use of television, videos, computers, and video games during care.

Woolsey Academy for Young Learners understands that TV and other screen time can get in the way of playtime, physical activity, and interactions with others, which all contribute to learning and healthy physical/social development.

Therefore, we will restrict screen time by adhering to the following guidelines:

* We allow a maximum of 1 hour per week of educational, age appropriate screen time.
* We allow zero screen time for children under the age of two.
* We do not allow television or movies to be left on as background noise.
* We do not have television or movies playing during mealtimes.
* We do not offer screen time as a reward.
* We will instead offer and utilize educational videos and music that promote physical activity like children’s yoga, dance, active play i.e.: Brain Breaks, I Can Count To 100, Alphabet, etc.

Adapted from: www.snohd.org