PARENT WORKSHOP: HOW CAN WE TURN SCREEN TIME INTO LEARNING TIME?

Goal: Support parents and caregivers in establishing a healthy media diet at home with their children.

Use these Parenting Minutes videos, discussion questions and suggested activities to guide parents and caregivers through a short workshop that will support families in managing screen time use in their family. This workshop is intended for parents and caregivers of Preschool and PreK children. Have fun!

SUGGESTED TIME
30 minutes

SUGGESTED MATERIALS
- Chart paper and markers
- Screen for projecting Parenting Minutes videos (*you will need internet access to stream these videos)
- Copies of PBS KIDS Shows Conversation Guide

VIDEOS
INTRODUCTION

Begin the workshop by allowing parents and caregivers to introduce themselves and tell how old their children are. If you’d like, include the icebreaker question: “What is something you like to do together as a family?”

DISCUSSION

Introduce the goal of the workshop as a discussion about the importance of balancing our children’s screen time use with other non-media activities, as well as how to make screen time an opportunity to learn together as a family and an inspiration for additional family discussions and activities. Ask the following questions to start a conversation around media use:

- What types of screens do you use at home? What types of screens do your children use at home? (e.g., tablets, phones, computer screens)
- What do you enjoy watching on screens? What do your children enjoy watching on screens? Is there any overlap?

VIEW VIDEOS

Play the Parenting Minutes video, “Making TV Time Learning Time”
*The video is available in English, Spanish, Bengali and Chinese

VIDEO DISCUSSION

Allow some time for comments on the video. Prompting questions may include:

- Are there any parts of the video that you could see yourself doing at home with your family? Give examples.
- What are some questions you could ask your children when you are watching screens together?
- What are some activities you could do with your children after or before watching something together? Be specific.
BRAINSTORM

Hand out the PBS KIDS Shows Conversation Guide (attached below) to parents/caregivers. Allow a few minutes for them to review them.

Using the chart paper and writing utensils, brainstorm the following questions with parents:

- Do you think there is a difference between the quantity of what is being watched and the quality? If so, how?
- What do you think are some benefits of “co-viewing” media with your children?
- What are some ways we can demonstrate healthy media habits in front of our children?
- What are some parts of the day you can establish “screen free” time for your family? (e.g., before bedtime, at meals, etc.)

RESOURCES FOR PARENTS AND CAREGIVERS

CREATE A FAMILY MEDIA PLAN
https://www.healthychildren.org/English/media/Pages/default.aspx

AMERICAN ACADEMY OF PEDIATRICS SCREEN TIME GUIDELINES
https://pediatrics.aappublications.org/content/138/5/e20162591

MAKING THE MOST OUT OF SCREEN TIME: CONVERSATION STARTERS

COMMON SENSE MEDIA
https://www.commonsensemedia.org/homepage

MAKING THE MOST OUT OF KIDS’ SCREEN TIME

HOW TO OVERCOME YOUR FEARS ABOUT KIDS’ SCREEN TIME
https://www.pbs.org/parents/thrive/how-to-overcome-your-fears-about-kids-screen-time
MAKING THE MOST OUT OF FAMILY TV TIME

SEVEN TIPS TO TURN SCREEN TIME INTO QUALITY FAMILY TIME
https://www.pbs.org/parents/thrive/7-tips-to-turn-screen-time-into-quality-family-time
Chat with your kids about their favorite PBS KIDS shows! Cut out these cards for some quick conversation starters.

- What problem did Arthur (or his friends) try to solve?
- Tell me the story of what happened today. How would you feel if you were in that situation?
- Who was your favorite character on Arthur today? Why?
- What were Nick and Sally playing together?
- Where did Nick, Sally, and the Cat in the Hat go? What did they do there? Who did they meet?
- How did Thing 1 and Thing 2 help Nick and Sally and The Cat?
<table>
<thead>
<tr>
<th>Curious George</th>
<th>Clifford The BIG RED DOG</th>
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</thead>
<tbody>
<tr>
<td>- George is very curious. What are you curious about?</td>
<td>- What kind of book did Clifford and Emily Elizabeth read?</td>
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<tr>
<td>- George loves counting. Can you count some things around your house?</td>
<td>- How was Clifford a helper?</td>
</tr>
<tr>
<td>- George is a good helper. How did George help someone?</td>
<td>- How did Matt, Jackie, and Inez use math to solve their problem with the Hacker?</td>
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<tr>
<th>Science for parents</th>
<th>Social and Emotional Learning for parents</th>
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<tbody>
<tr>
<td>- Where did the gang go in Cyberspace today? Who did they meet?</td>
<td>- What did Daniel do today? How did he feel? Can you tell me about a time when you felt that way?</td>
</tr>
<tr>
<td>- How did Matt, Jackie, and Inez use math to solve their problem with the Hacker?</td>
<td>- What song did Daniel sing? What did Daniel sing about?</td>
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<td></td>
<td>- What did Daniel make-believe? What do you like to make believe?</td>
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<td></td>
<td>- How is your family like Daniel’s family? How is it different?</td>
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<td></td>
<td>- Let’s make a song that our family can sing together.</td>
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<td>Social Studies</td>
<td>Science</td>
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<tr>
<td>What kind of dinosaurs did Buddy and his friends visit with?</td>
<td>What “Martha” word can you now use instead of a “regular” word?</td>
</tr>
<tr>
<td>If you were a dinosaur, what kind would you be?</td>
<td>What doggie things did Martha and Skits do that people just don’t do?</td>
</tr>
<tr>
<td>What’s your favorite dinosaur and why?</td>
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</tbody>
</table>

| What city did Luna and her friends visit? Can you tell me some things you learned about that city? | What was Molly’s question today? How did she try to find an answer? |
| What is something new that Andy, Carmen and Leo tried when they visited that city? | Molly lives in Alaska. What are some special things that Molly can do where she lives? |
| If you could go anywhere in the world with Luna, where would you go? | Molly has special traditions in her family. What traditions does our family share? |
What nature adventure did Nature Cat and his friends have today?

What place did Nature Cat explore outside? What did it look like?

What creatures did Nature Cat find?

What was the odd problem the agents were trying to solve today? What did the Odd Squad agents do to solve the problem?

Do you know what math idea the agents used today? How did it help them solve their odd problem? Can you use paper and pencil to show me the math idea you learned?

What would your name be if you were an Odd Squad agent? What would mine be? (Hint: all agent names start with the letter O!)

What was Peg’s really big problem?

How did Peg solve her really big problem?

How does Peg calm down when she has a really big problem?

What ideas did Pinkalicious have?

What kinds of things did Pinkalicious try?

Can you make your own music, dance or story?

Pinkalicious loves pink. What is your favorite color?
### Ready Jet Go!

- What did Jet and his friends explore today?
- Did they stay on Earth or go to space?
- If you could travel to space with Jet, what would you do?
- What do you see when you look at the night sky?

### Sesame Street

- What were Elmo and his friends playing?
- What was the letter of the day? What word can you make with that letter sound?
- What did Cookie Monster make in the Foodie Truck? What foods do you like to eat?

### Science for Parents

#### Splash and Bubbles

- What did Splash and Bubbles explore in the ocean today?
- Did they meet anyone new? What kind of animal was it?

#### Super Why!

- What were today’s super letters? Can you draw those letters for me?
- What story did they fix today? What happened to the storybook characters?
What were today's words? Can you tell me what they mean?

Which villain did Word Girl have to defeat today? How did she and Captain Huggy face outsmart the villain this time?

What animal did Chris and Martin meet today? Can you tell me some of that animal's creature powers? How does it move? Can you show me how that animal moves?

What invention did Aviva work on today?

If you had a creature power, what would you have?

Let's play “Guess that Creature.” Act like a creature and I’ll see if I can guess what it is.

What words did the friends build today?

How did their words help them solve the problem today?

What did Xavier see in the Secret Museum?

Why did Xavier and his friends go to the Secret Museum?

Who did Xavier and his friends meet? What made that person special? What did they do?

Do you know a hero? Why are they a hero?