

Resources for Early Learning Educators

Strategies for Continued Learning

**We will be getting started in
a few minutes to allow
everyone to join!**

Accessibility Note:

For those watching this who may be hard of hearing, the slide deck of this webinar will be available afterwards with speaker notes included.

This webinar is being recorded.

Land Acknowledgement

Hi! I'm Suzie Hicks.

She/they



- **Early Learning Specialist, PBS SoCal & KCET**
- **Former Pre-K Teacher**
- **Background in Educational Media and Informal Ed**
- **Tortoise Owner**

Agenda

- 1. Introduction and Overview**
- 2. Educator Check-In**
- 3. Screen Time Recommendations**
- 4. Stimulation and Boredom**
- 5. Media Literacy and Digital Citizenship**

- 1. PBS Media Resources**
- 2. PBS Media Activities**
- 3. Q & A**
- 4. Feedback**

How are you?

Put a letter in the chat

A



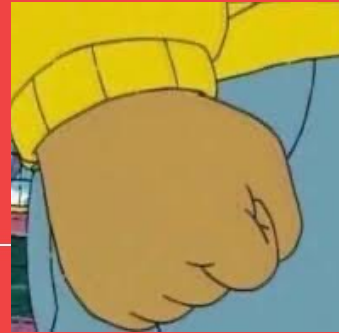
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Additional Resources

[PBS Learning Media](#)

[PBSKIDS.ORG/LEARN](#)

[PBS for PARENTS](#)

[Family Math](#)

[Bright By Text Learning](#)



Educators

Free tools for early childhood educators to provide learning opportunities and support for families and students.

[See All Resources](#)

Healthy Media Habits with PBS KIDS



Childhood development in the digital age

Research shows that children learn best through interaction and play but there are times when screen time is inevitable.

SCREEN TIME FOR KIDS:
new recommendations

The longtime "no screen time before 2" rule is out. Here are the latest recommendations from the American Academy of Pediatrics.

Age Group	Recommendation
18 months or younger	No screens are still best. The exception is live video chat with family and friends.
18 months to 2 years	Limit screen time and avoid solo use. Choose high-quality educational programming, and watch with kids to ensure understanding.
2 to 5 years	Limit screen time to an hour a day. Parents should watch as well to ensure understanding and application to their world.
6 or older	Place consistent limits on the time spent and types of media. Don't let screen time affect sleep, exercise or other behaviors.

SCREEN TIME GOLDEN RULE

**Don't let screen time replace sleep,
meals/nutrition, or emotional
well-being**

NOT ALL SCREEN TIME IS CREATED EQUAL



Making the most of screen time

(in school and at home)



1. SET THE EXAMPLE

1. Model positive tech behavior
2. Establishing routines
3. Putting tech away
4. Designated placements for tech
5. Treat devices well

2. GET INVOLVED

1. Co-view
2. Become familiar with favorites
3. Ask questions
4. Make connections to real life


3. CHOOSE THE GOOD STUFF

1. Check the ratings of content
2. Watch out for ads
3. Educational components
4. Safe navigation



4. SET LIMITS

1. **Content, Context, Child**
2. **Understand the needs of the classroom/household**
3. **Device-Free experiences**
4. **Language Development**

 common sense


Tech Balance

For parents of 3-to-8-year-olds

Receive free text message tips and online learning resources to practice healthy media habits at home with your family!

Watch video

Point your smartphone camera to this QR code!



Or send a text message with the word "kids" to 21555 from your cellphone

4. SUPPORT EACH OTHER

1. Nobody is perfect!
2. Learn from mistakes
3. Forgive yourself
4. Model resilient behavior

**How do you
make the most
of screen time in
your classroom?**

Tech is like a pair of Scissors

Alternatives to Digital Media

Sensory Stimulus:

- 1. Books/Pictures**
- 2. Crayons/Coloring Book**
- 3. Fidget Toys (and PUPPETS)**
- 4. Instruments**
- 5. Voices/Music**
- 6. Body movement**



“I’M BORED!”



Benefits of Boredom

- **Creative problem solving**
- **Improved executive functioning**
- **Avoids overstimulation**
- **Impulse control and self regulation**
- **Daydreaming and Imagination**
- **Independence/time management**
- **Relationship building**
- **Coping with Frustration**

...And more!



Becoming Media Mentors With Fred Rogers Center

Media Literacy and Digital Citizenship



Digitally literacy means...

1. Finding and consuming content
2. Creating digital content
3. Communicating and sharing content



Tips for supporting digitally literate kids

**Understanding your
DIGITAL FOOTPRINT**

Resisting Advertisements

Critical Thinking

Learning what is real and what isn't



PBS KIDS MEDIA RELATED RESOURCES



PBS LEARNING GOALS



PBS KIDS Learning Goals

SOCIAL & EMOTIONAL LEARNING

Alma's Way	K-2	Social & Emotional Learning, Executive Function
Arthur	K-2	Social & Emotional Learning
Clifford the Big Red Dog	PK-K	Social & Emotional Learning, Literacy
Daniel Tiger's Neighborhood	PK-K	Social & Emotional Learning
Donkey Hodie	PK-K	Social & Emotional Learning, Executive Function
Mister Rogers' Neighborhood	PK-K	Social & Emotional Learning
Sesame Street	PK-K	Literacy, Math, Social & Emotional Learning
Xavier Riddle and the Secret Museum	K-2	Social & Emotional Learning

LITERACY

Martha Speaks	K-2	Literacy	24/7 Channel
Molly of Denali	K-2	Literacy	
Super WHY!	PK-K	Literacy	24/7 Channel
WordGirl	K-2	Literacy	24/7 Channel
WordWorld	K-2	Literacy	24/7 Channel

SOCIAL STUDIES, THE ARTS & MORE

Let's Go Luna!	K-2	Social Studies
Pinkalicious & Peterrific	PK-1	The Arts

Digital-Only

Oh Noah!	K-2	Spanish, Social Studies
Scribbles and Ink	K-2	The Arts

STEM (Science, Technology, Engineering & Math)

Curious George	PK-K	Math, Science & Engineering	
Cyberchase	1-2	Math	
Dinosaur Train	PK-K	Science	
Elinor Wonders Why	PK-K	Science & Engineering	
Hero Elementary	K-2	Science & Engineering	
Nature Cat	K-2	Science	
Odd Squad	K-2	Math	
Peg + Cat	PK-K	Math	
Peep and the Big Wide World	K-2	Science	24/7 Channel
Ready Jet Go!	K-2	Science & Engineering	
SciGirls	1-2	Science & Engineering	
Sid the Science Kid	PK-K	Science	24/7 Channel
Splash and Bubbles	PK-K	Science	
The Cat in the Hat Knows a Lot About That!	PK-K	Science & Engineering	
Wild Kratts	K-2	Science	

Digital-Only

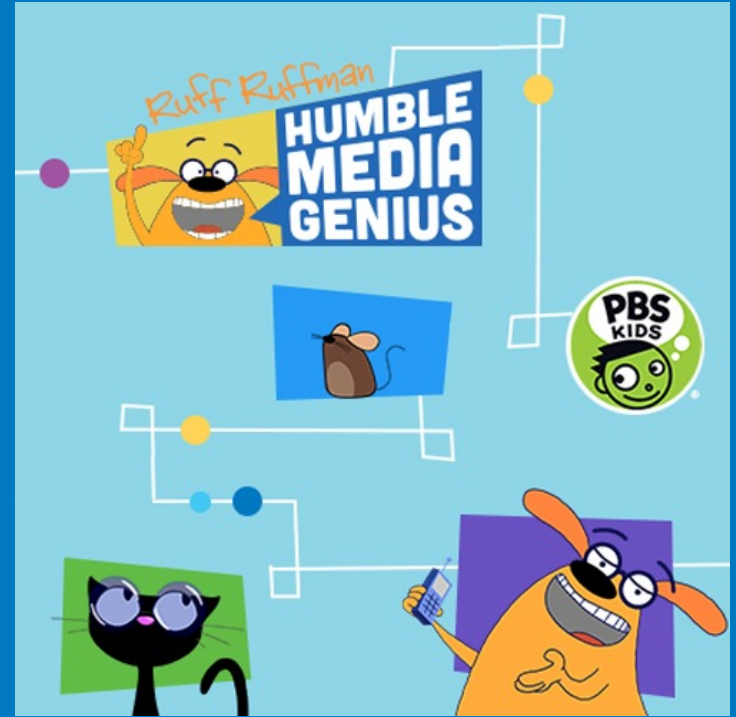
Design Squad Global	1-2	Science & Engineering
Team Hamster	K-2	Science & Engineering
The Ruff Ruffman Show	K-2	Science & Engineering



PBS KIDS MEDIA RELATED RESOURCES



HUMBLE MEDIA GENIUS



MEDIA RELATED ACTIVITIES



MAKE A CLAYMATION VIDEO



CLASSROOM PEN PALS

Send us a picture if you do these activities!

Q&A

Please use the Q&A box to ask your questions!

Additional Resources

PBS SoCal STEAM Series

April 21st

May 19th

June 2nd

Educator Happy Hours
Following the webinars!



Feedback

Before exiting, please take the zoom poll to let us know how we can better serve you!

If you have any questions or comments, please feel free to reach me at shicks@pmgsocal.org