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.

• Early Learning Specialist, PBS SoCal & KCET
• Former Pre-K Teacher
• Background in Educational Media and Informal Ed
• Tortoise Owner
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  B  C  D  E
Additional Resources

PBSLearningMedia

PBSKIDS.ORG/LEARN

PBS for PARENTS

Family Math

Bright By Text Learning
Healthy Media Habits with PBS KIDS
Children learn best through interaction and play, but there are times when screen time is inevitable. The American Academy of Pediatrics suggests the following guidelines:

**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.

Original source: American Academy of Pediatrics
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)

Original source: Common Sense Media
Making the Most of Screen Time

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

**SET THE EXAMPLE**

More on [PBS for Parents](https://pbskids.org/parents)
Making the Most of Screen Time

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

2. GET INVOLVED

More on PBS for Parents
Making the Most of Screen Time

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

CHOOSE THE GOOD STUFF

More on Common Sense Media
Making the Most of Screen Time

4. SET LIMITS

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

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

More on PBSLearningMedia.org
Making the Most of Screen Time

4. SUPPORT EACH OTHER

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

More on PBSLearningMedia.org
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!

More on PBS for Parents
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

More on PBS for Parents and Edweek
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 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
- Molly of Denali: K-2, Literacy
- Super WHY!: PK-K, Literacy
- WordGirl: K-2, Literacy
- WordWorld: K-2, Literacy

## Social Studies, The Arts & More
- Let’s Go Luna!: K-2, Social Studies
- Pinkalicious & Peterrific: PK-1, The Arts
- 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
- Elmo 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: 24/7 Channel
- Ready Jet Go!: K-2, Science & Engineering
- Sid the Science Kid: PK-K, Science
- 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

More on PBSKIDS.org
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!
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

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