



ACS/CUNY  
Informal Family  
Child Care Project

# Connections in Early Learning

The monthly newsletter of the ACS/CUNY  
Informal Family Child Care Project!

May  
2016



## *A Message from the Informal Family Child Care Project Team*

Thank you for caring and educating young children in New York City. The New York Early Childhood Professional Development Institute through its ACS/CUNY Informal Family Child Care Project (IFCC) is here to help you succeed! Through training, information and resources IFCC helps family child care providers develop the knowledge, skills and tools that support the important work you do with children every day.

## Kids and Screens

Children are spending more time with screen media – and at younger ages – than ever before. Devices, apps and games designed for children – and marketed to eager families and caregivers – are seemingly endless. Electronic “entertainment” in its many forms comes packaged for children, including infants and young children; and, many children learn to master digital devices before they can talk, tie their shoes or read.

The following is an excerpt from ***Facing the Screen Dilemma: Young Children, Technology and Early Education*** – a guide published by the **Campaign for a Commercial Free Childhood** to help you and the families with whom you work make informed decisions about whether, why, how and when to use screen technologies. It provides an overview of research on screen time and young children, and offers guidance for those who want their homes and programs to be screen-free as well as for those who choose to incorporate technology in their settings.



“Smart boards. Smartphones. Tablets. E-books, and more. The rapid influx of new screen devices poses a special challenge for the early childhood community. A child born today will experience wondrous technologies few of us can even imagine. How do we best support children’s growth, development, and learning in a world radically changed by technology?

Modern science confirms what the early childhood community has known for years—that infants, toddlers, and young children learn through exploring with their whole bodies and need plenty of face-to-face interactions. Yet from infancy, children spend increasing amounts of time with screen technologies and studies show that the more time young children spend with screens, the less time they spend engaged in interactions with caring adults and in hands-on, creative play.

Given the preponderance (prevalence) of screens in the lives of many young children, it is crucial that early childhood professionals make thoughtful, evidence-based decisions about how, why, whether, and when to incorporate screen technologies into their settings.”

### What You Can Do:

1. **Make intentional decisions about technology.**  
Understand the choices you’re making around the use of technology and why.
2. **Choose to be screen-free.**  
Create a screen-free, play-based environment.
3. **Learn how technology affects children’s development and learning.**  
Understand how children’s exposure to screens influences their learning and behavior
4. **Work closely with families.**  
Understand how much screen time and what content children are using at home
5. **Work closely with families.**  
Understand how much screen time and what content children are using at home

For more information and recommendations around screen time, or to obtain a full copy of ***Facing the Screen Dilemma***, follow these links:

<http://www.commercialfreechildhood.org/screendilemma>  
<http://www.commercialfreechildhood.org/>  
<http://www.aappublications.org/content/36/10/54>

# Self Care Corner:

## Learning to Give and Receive

Everyone wants to be appreciated. However, many people find it difficult to give and receive praise and appreciation. How do you respond when someone recognizes you or shows appreciation? Do you accept it or dismiss it? Do you feel obligated to reciprocate? Do you downplay yourself and your contribution? These are common and often unconscious responses that are learned from our culture, families, and past experiences. When someone compliments you or shows their appreciation, they are sharing how your actions or behaviors have positively impacted them. It may make you uncomfortable or you may feel you don't deserve it, but it is their experience of you. Let them share it.

Showing and receiving appreciation has the power to enhance your interactions and change your mood. The more comfortable you become with accepting appreciation, the more comfortable you will be with giving it.

### *What you can do:*

- Every day for one week offer one appreciation to yourself, your spouse, your children, a colleague, friend or any other significant person in your life.
- Focus your appreciation on something you notice and treasure in yourself or that person



## Upcoming Events at IFCC

### **Saturday Professional Development Training (Bilingual)**

**Topic:** Healthy Kids in a Digital World

**Date:** Saturday, May 14, 2016

**Time:** 9:00 am – 12:30 pm

**Location:** The Joseph S. Murphy Institute for Worker Education and Labor Studies  
 25 W. 43rd Street  
 New York, NY 10036

### **Saturday Professional Development Training (Bilingual)**

**Topic:** Infection Control

**Date:** Saturday, May 21, 2016

**Time:** 9:00 am – 12:30 pm

**Location:** The Joseph S. Murphy Institute for Worker Education and Labor Studies  
 25 W. 43rd Street  
 New York, NY 10036



IFCC offers FREE training to informal and licensed child care providers. If you are interested in participating in one of our events, **please call us at 718-254-7354**