Screentime in the Age of Coronavirus

Keeping kids safe, happy, and healthy in the digital age.

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MISSION STATEMENT

Common Sense is the nation's leading nonprofit organization dedicated to improving the lives of kids and families by providing the trustworthy information, education, and independent voice they need to thrive in the 21st century.

In this difficult time, how do we use media in balance as a family, find quality content, set expectations around healthy use to prevent conflict, protect our physical and mental health, and raise media savvy consumers and creators?

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What do I do now?

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This brave new world isn't easy for parents.

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Quantity Quality

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Don’t feel guilty.

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All screen time is not equal.

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Good content is key!

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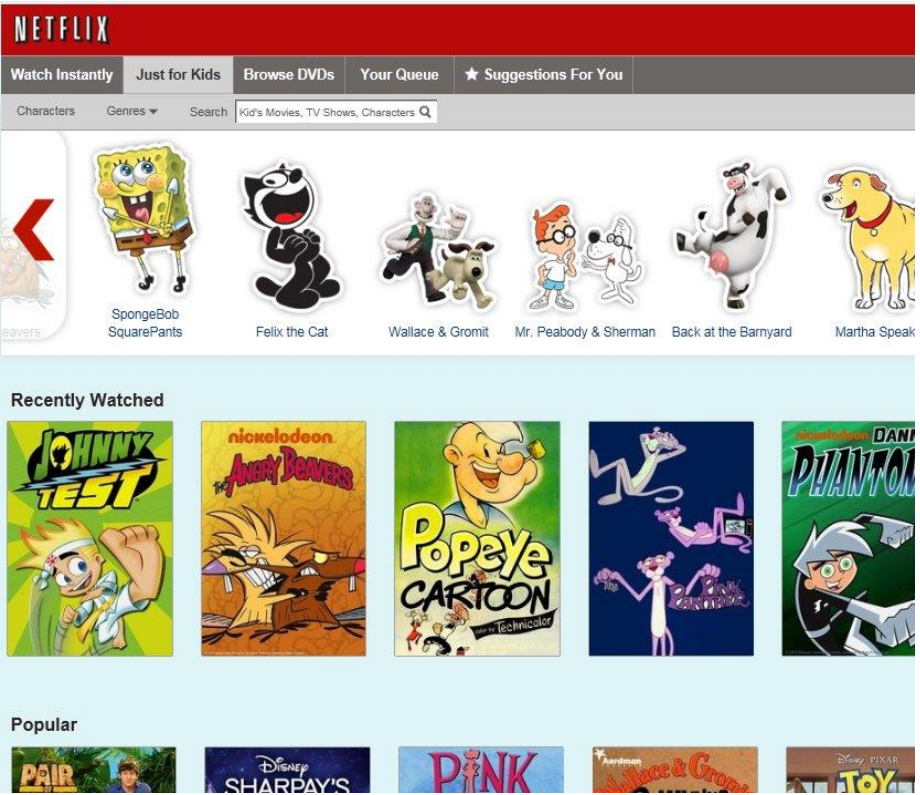
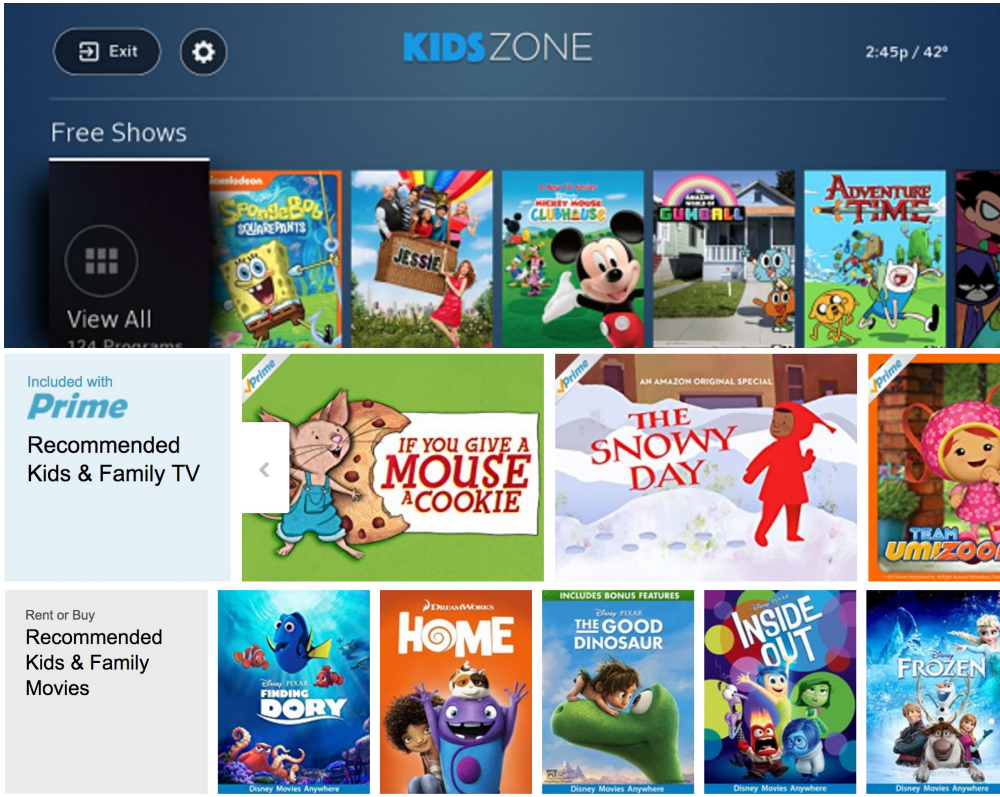
Be Choosy





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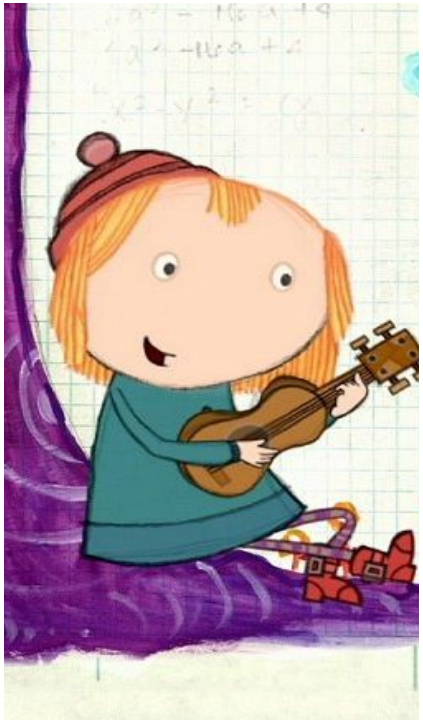
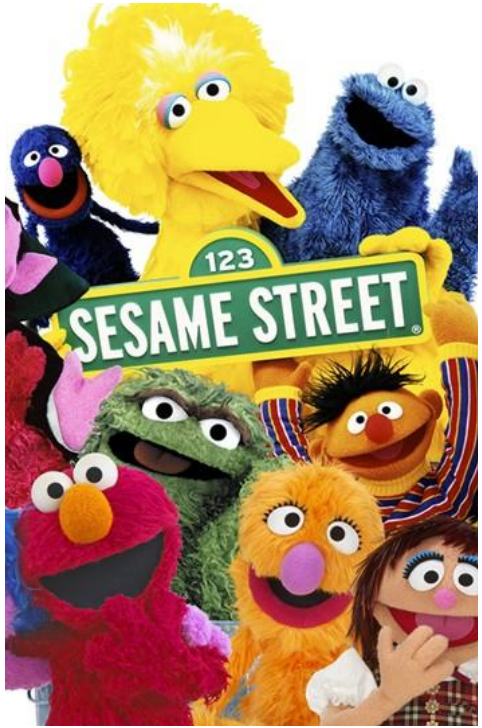
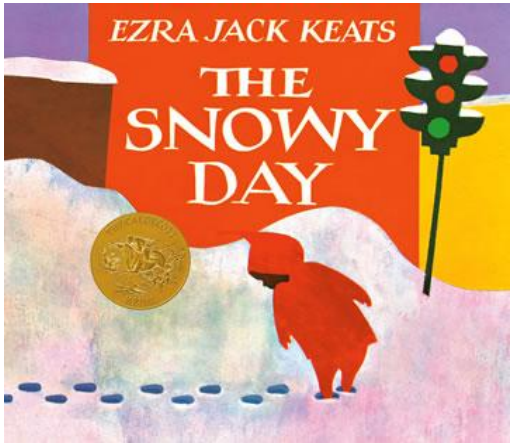
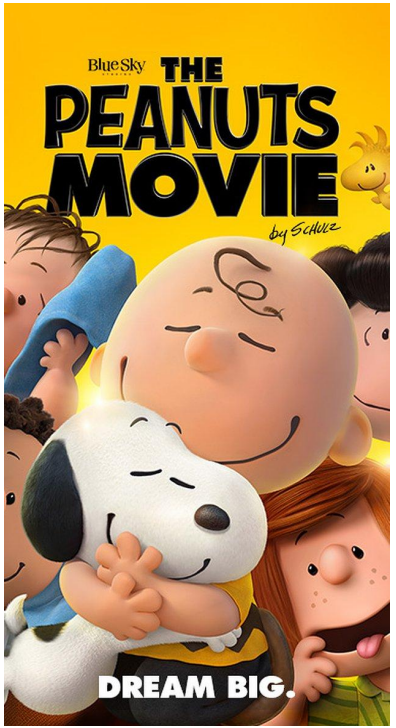
ABCs and 123s

Look for apps, TV shows, and movies with positive messages and educational value









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There’s some iffy stuff out there

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Get creative.

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Use tech to bond.

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Talk about it!

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Balance still matters.

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All About That Balance

Ask yourself - is my child:

- Physically healthy and sleeping enough?
- Connecting socially with family and friends (in any form)?
- Engaged with play and learning? (not just school-based)
- Pursuing interests and hobbies (in any form)?
- Having fun and learning in their use of digital media?

Source: “New screen time rules from the American Academy of Pediatrics,” Sonia Livingstone

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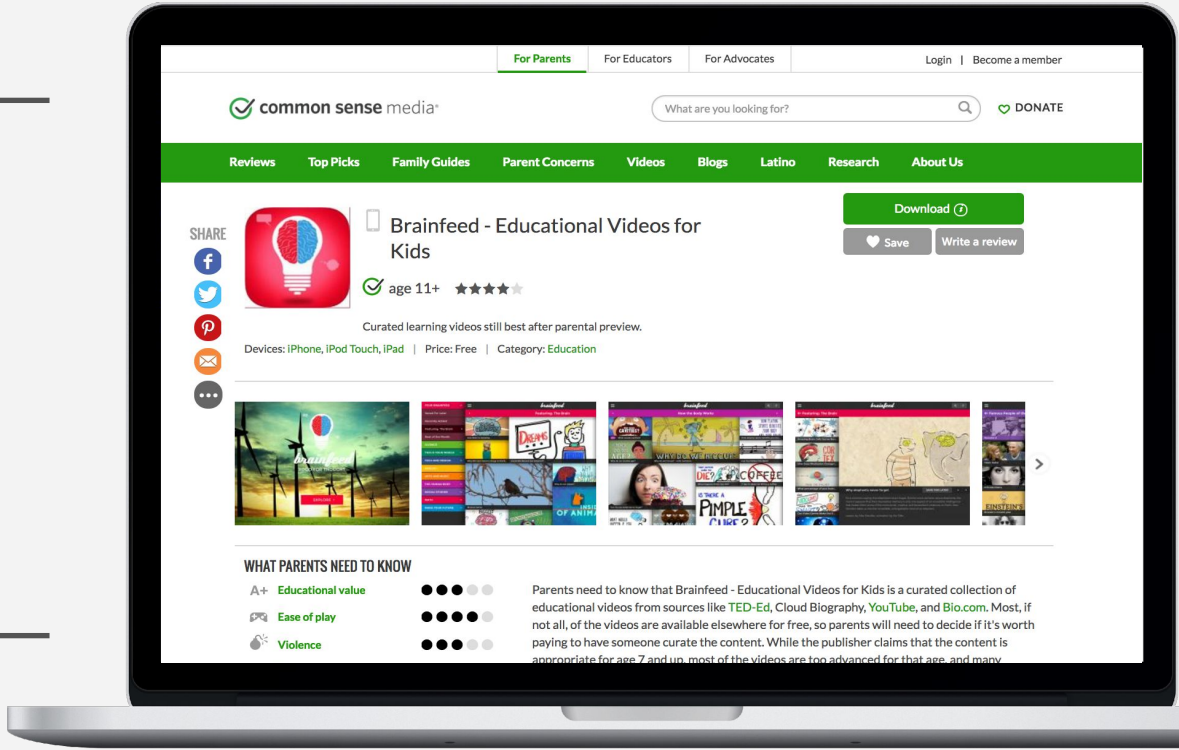
We Can Help!

Let's take a minute to walk through our reviews and other resources so you can make informed media choices and get answers whenever you want!



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Learning Apps for Kindergarten

English/Language Arts

- Khan Academy Kids
- Epic!
- Poio
- Lexi's World

Math

- Khan Academy Kids
- Zearn
- Gracie & Friends Lemonade Stand

Exploration & Creativity

- PBS Kids
- NatGeo Kids
- Toontastic 3D
- Picture Dots

Epic!

Khan Academy Kids

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Toontastic 3D

What if I don’t have access to tablets or computers?

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PBS KIDS

WIDEOPENSCHOOL

POWERED BY common sense®

Specific Recommendations and Resources

Wide Open School

Top Tools by Grade and Subject

Free Distance Learning Plans for K–2 Students and Their Families

Tech Balance Texting Program for Parents

All bilingual marketing assets available for your schools and orgs to promote!

www.CommonSense.org/TechBalance

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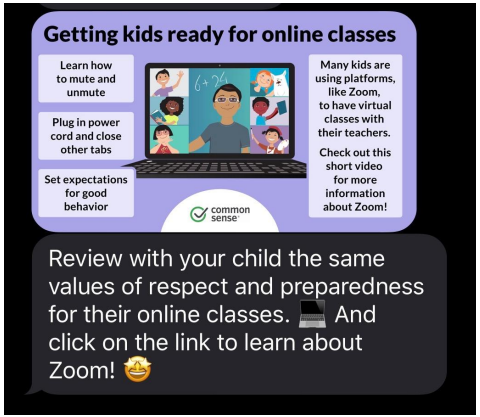
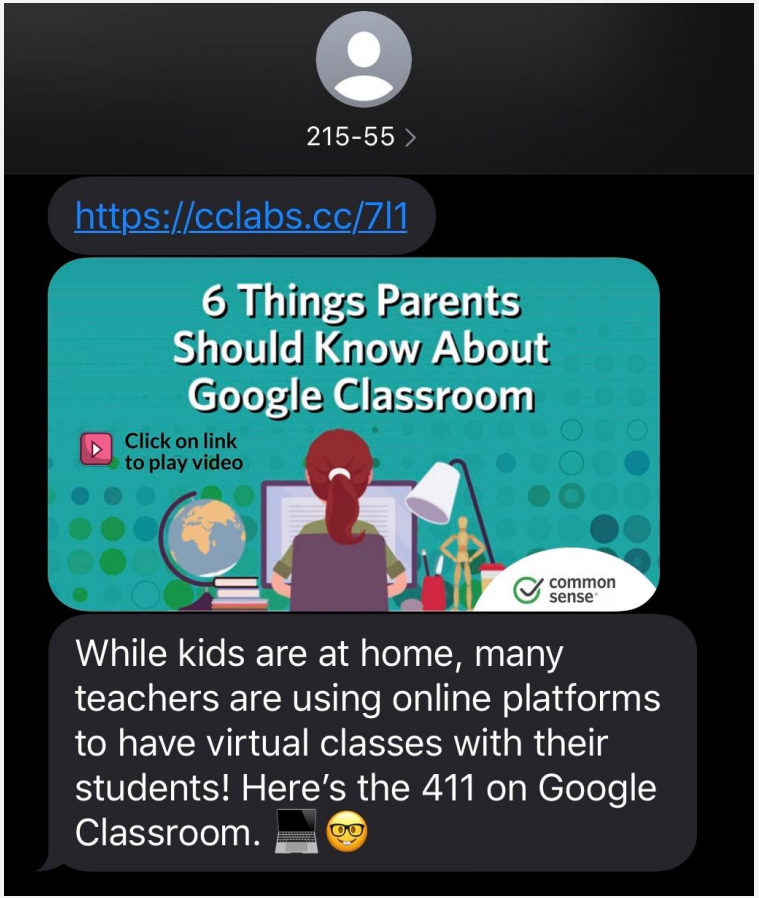
Content & Topics

- Wide Open School resources
- Learning with technology
- Distance-learning & at-home learning
- Mental health, self-care & emotional well-being
- Great (High-quality) Content
- Screen time: Quality time versus quantity
- Sleep time and balance
- Co-viewing, conversations & co-bonding
- Hope and gratitude / Inspiring quotes
- Media, tech and child development
- TV Shows, Video games, and Apps recommendations
- Seasonal holiday content, i.e. Día del Niño

Relevant content during the coronavirus





Resources for Support

Sign up today for our tips and updates.

Tell your school about our digital citizenship curriculum.

Contact Us

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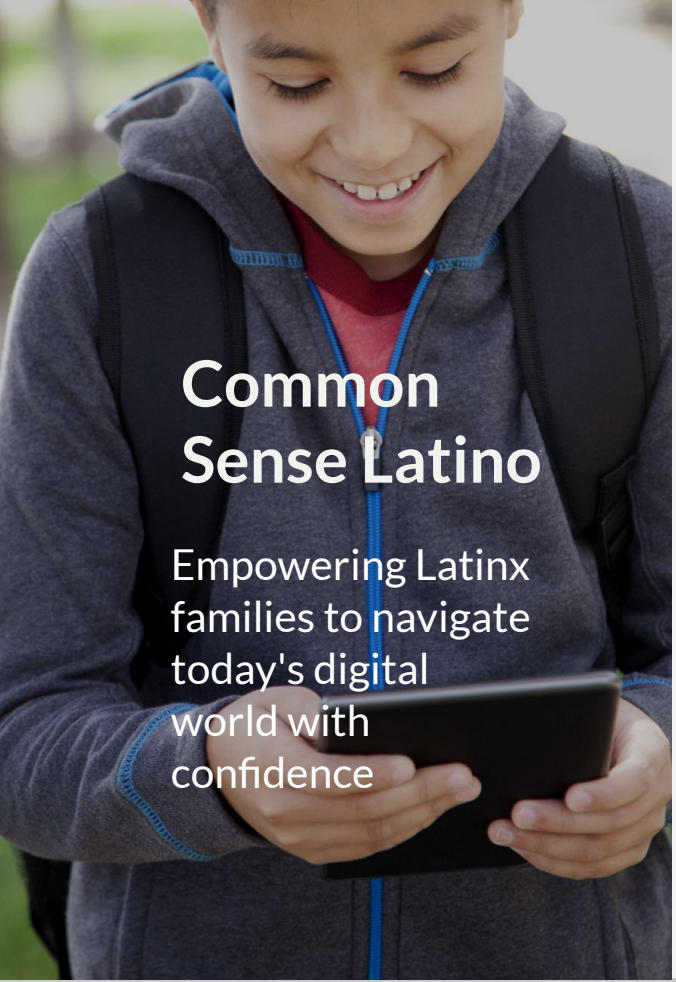

Common Sense Latino

Empowering Latinx families to navigate today's digital world with confidence

We respond to the Latinx community's unique interests and needs by offering culturally relevant articles and videos in Spanish.

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YOU GOT THIS!

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Thank You

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