

## **PARENTS, LIMIT YOUR TODDLER'S SCREENTIME!**

Too much screen time for toddlers, according to the [American Academy of Pediatrics \(AAP\)](#), can hinder their development and lead to various problems. The AAP recommends limiting screen time for children ages 2 to 5 to no more than one hour per day of high-quality programming. For children younger than 18 months, the AAP discourages screen time altogether, except for video chatting with family.

### **Here's why limiting screen time is important for toddlers:**

#### **Developmental Delays:**

Excessive screen time can negatively impact language development, fine motor skills, and cognitive abilities.

#### **Behavior Problems:**

Research suggests that too much screen time can be linked to increased behavioral issues, such as attention problems and difficulty controlling emotions.

#### **Sleep Problems:**

Screen time, especially before bed, can disrupt sleep patterns and make it harder for toddlers to fall asleep.

#### **Sedentary Problems:**

Spending excessive time in front of a screen can lead to a decrease in physical activity, potentially contributing to obesity.

#### **Reduced Social Interaction:**

Screens can limit opportunities for real-life social interaction and learning of social skills.

#### **Exposure to Inappropriate Content:**

Toddlers are particularly vulnerable to harmful content, and parents should carefully choose what they are exposed to on screens.



## Instead of screen time, what should I do with my children?

Instead of screen time, engage children in a variety of activities that foster creativity, physical activity, and social interaction. Consider outdoor play, reading, board games, crafts, baking, and family activities. Encourage independent play, set tech-free zones, and make screen time a reward rather than a constant option.

### Encourage Independent Play:

- **Create a safe and inviting space:** Provide a dedicated area with age-appropriate toys and materials.
- **Trust your child's ability:** Allow them to explore and play independently without constant interruptions.
- **Offer open-ended play:** Use items with multiple possibilities, like blocks, building materials, or loose parts.

### Outdoor Activities:

- **Get them outside:** Encourage walks, bike rides, playing sports, or exploring nature.
- **Physical activity:** Engage in activities like hiking, swimming, or playing tag.

### Reading and Learning:

- **Read aloud or with your child:** Share stories, explore different genres, and develop a love of reading.
- **Puzzles and games:** Board games, puzzles, and building activities can be both educational and fun.

### Family Time and Connection:

- **Enjoy meals together:** Focus on enjoying meals together without distractions, fostering communication and connection.
- **Family time:** Go for walks, play games, bake together, or engage in other shared activities.

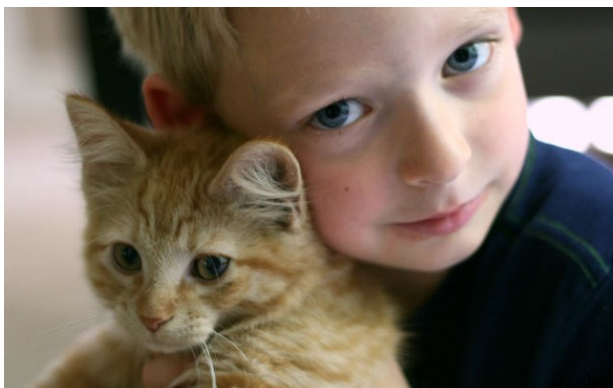


# Responsible Pet Ownership

A responsible pet owner should provide a safe and healthy environment, proper nutrition, regular veterinary care, exercise, mental stimulation, and training for their pet. They also need to groom their pet, clean up after them, and be aware of their local laws and regulations regarding pet ownership. Please think about these 10 responsibilities before getting your pet.

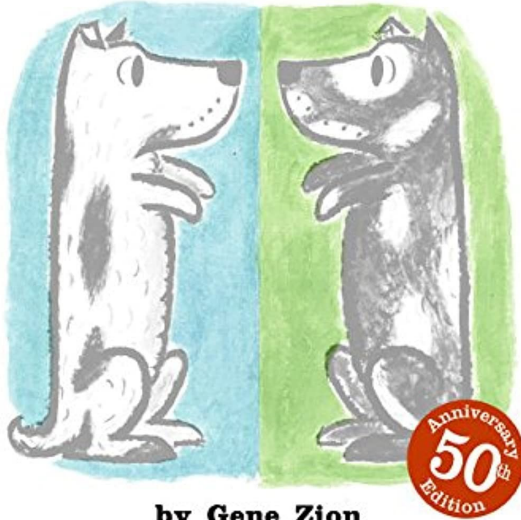
Here's a more detailed breakdown of 10 key responsibilities:

1. **Commitment:** Understand that pet ownership is a lifelong commitment.
2. **Basic Needs:** Provide adequate food, water, shelter, and a safe environment.
3. **Health and Wellness:** Regularly take your pet to the veterinarian for checkups, vaccinations, and parasite prevention.
4. **Nutrition:** Feed your pet a balanced diet appropriate for their age, breed, and activity level.
5. **Exercise and Enrichment:** Provide adequate exercise and mental stimulation to prevent boredom and behavioral issues.
6. **Grooming and Hygiene:** Maintain a clean and healthy coat, including regular bathing, brushing, and nail trims.
7. **Training and Socialization:** Teach your pet basic commands, good manners, and how to interact appropriately with other animals and people.
8. **Local Laws:** Adhere to local ordinances, including licensing, leash laws, and noise control regulations.
9. **Financial Preparedness:** Be prepared for the unexpected costs of veterinary care and emergencies.
10. **Love and Companionship:** Treat your pet as a valued member of your family and provide them with affection and attention.





# HARRY the Dirty Dog



by Gene Zion

Pictures by Margaret Bloy Graham

## Harry the Dirty Dog

by [Gene Zion](#) (Author), [Margaret Bloy Graham](#) (Illustrator)

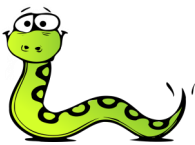
Harry is a white dog with black spots who absolutely, positively hates to take a bath. After a day of adventure, Harry gets so dirty that he no longer looks like a white dog with black spots. Now he looks like a black dog with white spots!



## Each Living Thing

By Joanne Ryder (Author) , Ashley Wolff (Illustrator)

This poetic celebration of animals large and small reminds us that while some creatures are cuddly and companionable, others can be ferocious, helpless, or shy. No matter how creepy, slimy, mean, or odd an animal might seem, they all need us to be considerate of them.



## CHEWY LOUIE

## Chewy Louie

by [Howie Schneider](#) (Author)

Puppies will be puppies and patience will be a necessity now that Chewy Louie has joined the household. He eats everything in sight: his bowl, toy trains, the dining-room table, the fence, and the back porch. His owners, a vet, and two dog trainers are all incapable of stopping the pup's destructive behavior. Just when it looks as though the family will have to find a new home for their pet, he suddenly outgrows his nasty need to nibble.



# Parents are the Most Important Teachers

Parents are the most important teachers to their children because their influence shapes a child's early development and lays the foundation for future learning and well-being. So remember, how you react to situations is how they will react. Teaching kindness to children involves modeling kind behaviors, discussing what kindness means, and encouraging acts of kindness. It also includes teaching empathy, recognizing kind acts, and helping children understand that kindness isn't always easy. Children learn by observing, so show them kindness in your interactions with others.

You should teach your child manners. "Please" and "Thank you" are the first manners that we teach children, but there's so much more we can teach. Teaching children to respect others is vital. As simple as holding the door for other people, to saying "Excuse me" or eating with proper utensils. Your child's bad manners aren't always intentional. Sometimes kids don't realize it's impolite to interrupt, pick their nose, or loudly observe something about a stranger's appearance. They might also simply need an etiquette reminder or help managing their impulses. It's important for you as a parent to model good manners to your child, as they learn by observing.

Teach your children to treat others with respect, focus on demonstrating kindness, empathy, and valuing their perspectives. This includes being a good listener, acknowledging their accomplishments, and supporting their endeavors. Avoid judgmental language and try to understand their point of view, even if you don't agree.

"Being a parent can be tough. But just remember that in your child's eyes, nobody does it better than you."



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