

INFANT DEVELOPMENT PROGRAM

IDP Playgroup Circle Time

We invite you to click on our first two playgroup videos from April in case you missed it

<https://youtu.be/k9Hc6WOPLI8>

<https://youtu.be/ZkgfiAL8KvA>

Technology tips for younger children

- look through pictures of themselves and family members on your phone
- our IDP Playgroup videos, click the link above to dance and sing along
- point out and name things on the screen
- ask questions about the show/game
- connect what they are watching to their real-life experiences

Technology sites for older children

Learn all about geography and fascinating animals

www.kids.nationalgeographic.com

Go "into the book" to playtimes that practice reading strategies!

www.reading.ecb.org

IDP Newsletter

May 2020. Vol III.

Dear IDP families, something you never thought you would see from your Infant Development Consultants, suggestions for using technology with your little ones. Desperate times call for desperate measures!

As you know, pediatric research suggests limiting the amount of screen-time for infants and toddlers. 0 hours of screen time for children under 2 years old. 1-2 hours per day of screen time for children over 2.

We are, however, consistently hearing about how busy our parents are with the added responsibilities of working from home, having no child care, and not being able to take advantage of extended family to get much needed breaks.



TAKE CARE



OF YOURSELF

When we talk about screen time, this can also refer to parents too! This article discusses the effects that our screen time has on our kids: [https://](https://www.theatlantic.com/magazine/archive/2018/07/the-dangers-of-distracted-parenting/561752/)

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[parenting/561752/](https://www.theatlantic.com/magazine/archive/2018/07/the-dangers-of-distracted-parenting/561752/) Take your much deserved 'time out' and then put the technology away!

We invite you to watch this video by Langley IDP "Talk with me, play with me, comfort me".

<https://youtu.be/Mc4c9BH5uFE>