



MINI MILESTONES

The Pre-Primary Center at Carpenter Street School

PARTNERS IN LEARNING

March: Healthy Screen Time Habits

This month, let's highlight the importance of finding a healthy balance with screen time:

- **Supports Brain Development** - Too much screen time can interfere with crucial early brain growth and learning.
- **Encourages Social Skills** - Face-to-face interactions help children develop communication, empathy, and relationship-building skills.
- **Promotes Physical Activity** - Reducing screen time allows for more active play, improving motor skills and overall health.
- **Enhances Sleep Quality** - Excessive screen use, especially before bed, can disrupt sleep patterns and restfulness.
- **Boosts Creativity & Imagination** - Hands-on play, reading, and outdoor exploration foster creativity and problem-solving.
- **Improves Attention & Focus** - Limiting screens helps children develop better concentration and self-regulation skills.
- **Reduces Risk of Behavioral Issues** - Too much screen exposure has been linked to increased anxiety, frustration, and difficulty managing emotions.
- **Encourages a Love for Real-World Learning** - Engaging in activities like reading, puzzles, and hands-on experiments builds curiosity and a love for learning.

Be sure to explore our
Family Padlet for more
resources on the effects
of screen time!

