

SCHOOL COUNSELING CONNECTION



Sinking Fork Elementary
December 2025

CONNECTION POINT

Does your child love screen time? That's totally normal! While screens can be fun and educational, too much can crowd out other activities. Set a daily limit and use a timer so everyone knows when it's time to switch. Offer quick alternatives like a walk, board game, or craft. Give a 5-minute warning before turning it off, then join your child in their next activity to ease the transition. Create screen-free routines, like during meals or before bed, to help kids find balance.

SOMETHING TO CONSIDER...

For Caregivers: I can guide screen time choices that support my child's well-being.

For Students: I can make choices that help my brain and body.

Word of the month...

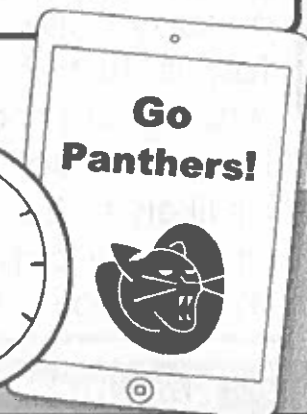
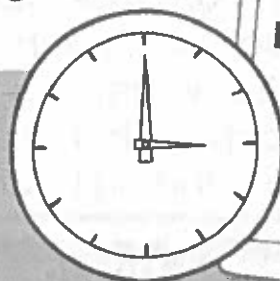
This month teachers will be looking for students who demonstrate **"Respect"** displaying traits such as respect for others, self, and our school. Students showing these characteristics may be chosen as a **Student of the Month**.

THIS MONTH

Some of the topics students have been learning about in SEL (Social Emotional Learning) classroom lessons this past month are empathy, conflict resolution and how to handle sticky friendship problems.

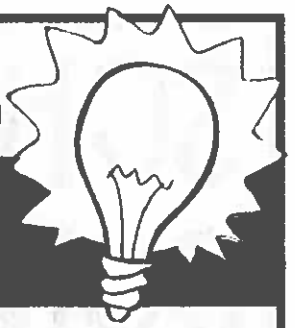


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supporting kids with...

SCREEN TIME



highlights

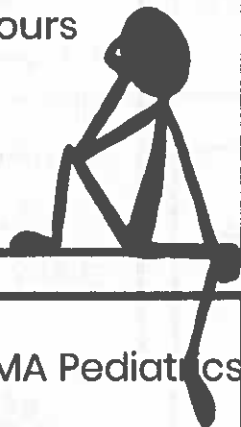
Encourage your child's healthy screen usage by setting **clear limits, monitoring content**, encouraging **balance**, and being a **role model** with your own screen usage.

screen time statistics 1

According to the American Academy of Pediatrics, children aged 2 to 5 years should have no more than 1 hour of screen time per day & ages 6 to 11 no more than 1 to 2 hours per day of recreational screen time.

statistics part 2

Children aged 8 to 12 spend an average of nearly five hours per day on screens for entertainment.



statistics part 4

A study published in JAMA Pediatrics found that children who spend more than seven hours per day on screens are twice as likely to be diagnosed with anxiety or depression compared to those who spend an hour or less.

did you know?

In today's digital age, managing screen time for your child can be a challenge. While all screen time isn't bad, studies show that excessive screen time can negatively impact a child's development, sleep, and physical health. This handout includes practical tips to help you guide your child's use of screens, ensuring it is balanced and beneficial.



statistics part 3

Research from the National Institutes of Health indicates that children who use screens more than two hours per day are twice as likely to experience sleep difficulties.

statistics part 5

Research from the National Institutes of Health showed that children who spent more than two hours per day on screens scored lower on language and thinking tests.

Next month: Tips for Developing Healthy Screen Time Habits