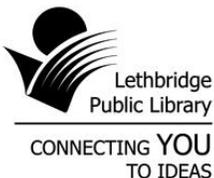


# Parents: Let's talk about Digital Technology!



*Technology is one, but only one, piece of early childhood education. Use it with balance and with creativity. Ann S. Epstein, High Scope Program*

Before you begin using the materials and ideas from this Digital Play Pack with your children, read the book called Dot. – and then read it with your children. This picture book sends a strong message about what this play pack is all about and how we feel about the use of technology with young children.



Lethbridge  
Public Library

CONNECTING YOU  
TO IDEAS

It's all about **ACHIEVING BALANCE** between your child's everyday play experiences with toys, games, hands-on materials, and movement (active play) and their digital play.



Lethbridge Early Years  
Coalition

**Questions? Comments? Send us an email: [lethbridgeearlyyears@gmail.com](mailto:lethbridgeearlyyears@gmail.com)  
[www.lethbridgeearlyyears.ca](http://www.lethbridgeearlyyears.ca)**



## Digital Learning in the Early Years Initiative:

### FUNdamentals

- **Awareness:** increase understanding about using digital technology with young children.
- **Balance:** finding it between hands-on active play and digital technology experiences. Parents make the choice about the role it will play in their family.
- **Simple:** messages as to what, why and how to use technology with young children. Share the opportunity between an adult and child to create an interactive experience.
- **Limits:** setting realistic limits for use with technology. We encourage you to create a balance of many types of activities and experiences with your child. There is research suggesting that technology (screen time) may be harmful to children under 2 years of age. (refer to Canadian Pediatric Society Guidelines for more information).
- **Interactive:** A “hands on” approach in the use of technology can incorporate communication, language, and thinking skills. Technology is a tool to expand, enrich, and extend children’s learning and development.
- **Fun:** Kids learn best when they are having fun and are actively engaged. When children are busy having fun, learning becomes natural and easy. Studies have shown that children learn best when the learning comes from a side-effect of a fun activity (such as being active during play with the technology ideas in this kit).

## Tips about the Use of Apps in this Digital Play Pack

The Digital Play Pack Booklets give instructions for completing the digital activities, as well as suggestions and tips for the active play activities. These booklets are in print form in the play packs – for those who still like to have paper in their hands to make sense of things. However, you can also download the electronic version at [www.lethbridgeearlyyears.ca](http://www.lethbridgeearlyyears.ca).



Whether you use Apple products or Android, we have tried to find the same, or similar, apps that could be downloaded in each platform. We found web links with activities that were much the same as those found in the apps. Hopefully, you will be able to access the digital activities with whatever device you are using and, if not, your local libraries have devices you can use within the library.

Photo: <http://www.ioanganzcooneycenter.org/2014/07/31/publishing-a-digital-magazine-for-kids-the-making-of-sesame-streets-smore-part-2-of-2/>

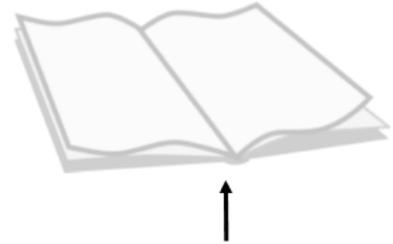
- It is much easier for younger children to use their fingers to manipulate actions on the screen than to use a mouse. Consider the skills of your child when introducing these technological experiences. We recommend the use of I-pads and/or tablets with pre-school children. Sometimes small screens on phones make manipulation difficult for young children.
- In these play packs, we are using only apps that are recommended by credible sources. This is important as some apps are simply “electronic worksheets” with little creative or active participation by the child.
- Remember that with free apps, you often have parts that are free and then need to purchase them in order to get additional parts. Unsolicited advertisements can accompany apps and may have to pay to have removed. Decide how much of this you and your child can handle!
- One of the most credible Internet sources for reviewing apps is <https://www.common SenseMedia.org/> Doing your research helps to ensure you are choosing apps that will best support your child’s learning and development.

<http://www.chicagoparent.com/magazines/special-sections/making-the-grade-2014/digital>

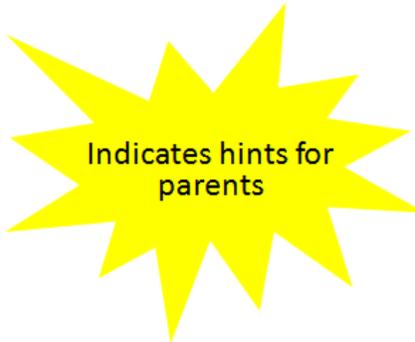
## Watch for these helpful symbols in the Digital Play Packs:



Indicates Digital Play Activities



Dot's Journal: Feel free to share what you and your child enjoyed by writing in Dot's journal. If you can, share pictures too!



Indicates Active Play



## Some quotes from the experts!

*We must make sure technology does not replace activities we know to be critically important at this age: play; physical activity; exposure to nature, music, art, and dance; and the development of important language and social skills with peers.* (Francis Wardle, University of Phoenix & Red Rocks Community College).

### Practical Tips for Parents:

- Keep it interactive.
- Match use with age.
- Have fun, stay engaged together.
- Promote digital literacy.

(Michael Robb, Fred Rogers Center)

# Now.... Ready to play?

You will find instructions for how to use the hands-on active play materials and the digital play materials in the *Digital Play Book*.



The **Parent Guide Book** and the children's **Digital Play Book** are also found at

[www.lethbridgeearlyyears.ca/digital](http://www.lethbridgeearlyyears.ca/digital)

You can download this to your computer.

<http://andrewjohns.net/blog/2013/08/dont-leave-parents-out-of-digital-literacy/>

## For those who like to watch and listen, instead of read:

**Introducing Technology to Young Children:** <https://www.youtube.com/watch?v=29ylsrxf48>

**Too Young for Technology:** <https://www.youtube.com/watch?v=X3gfXCHiSoA>

**Just for fun:** A Magazine is an iPad that does not work.m4v Retrieved from <https://www.youtube.com/watch?v=aXV-yaFmQNk>

**Q:** What did the spider do on the computer?

**A:** Made a website!

**Q:** What does a baby computer call his father?

**A:** Data!

**Q:** Why did the computer keep sneezing?

**A:** It had a virus!

**Q:** Why was the computer cold?

**A:** It left it's Windows open!

**Q:** Why did the computer squeak?

**A:** Because someone stepped on it's mouse!

## Reference List

(For those who like to check it for themselves. Find research articles, news stories, and blogs)

- American Academy of Pediatrics. (2015). Media and Children Communication Toolkit. Retrieved from <http://pediatrics.aappublications.org/content/138/5/e20162591>
- Bracken, C.J. (2015). Using technology as a social tool in preschool: Matching philosophy with application. *Voices of Practitioners* 10, No. 2. Retrieved from [https://www.naeyc.org/files/naeyc/file/vop/VOP\\_Summer\\_2015\\_technology.pdf](https://www.naeyc.org/files/naeyc/file/vop/VOP_Summer_2015_technology.pdf)
- Gurney-Read, J. (2013). How young is too young for technology? *The Telegraph*. Retrieved from <http://www.telegraph.co.uk/education/10488240/How-young-is-too-young-for-technology.html>
- Henderson, B. (2015). Tech smarts: Using technology to support young children's social and creative development. *Voices of Practitioners* 10, No. 2. Retrieved from [https://issuu.com/naeyc/docs/vop\\_summer\\_2015\\_for\\_issuu/24](https://issuu.com/naeyc/docs/vop_summer_2015_for_issuu/24)
- Jackson, S. (2013). Can technology be a teaching tool for toddlers? *Common Sense Education Blog*. Retrieved from <https://www.graphite.org/blog/can-technology-be-a-teaching-tool-for-toddlers-preschoolers>
- Kneas, K.M. & Perry, B.D. Using technology in the early childhood classroom. Scholastic. Retrieved from [http://teacher.scholastic.com/professional/bruceperry/using\\_technology.htm](http://teacher.scholastic.com/professional/bruceperry/using_technology.htm)
- NAEYC & Fred Rogers Center (2012). Technology and interactive media as tools in early childhood programs serving children from birth through age 8. *Position Statement*. Retrieved from [http://www.naeyc.org/files/naeyc/file/positions/PS\\_technology\\_WEB2.pdf](http://www.naeyc.org/files/naeyc/file/positions/PS_technology_WEB2.pdf)
- Rushkoff, D. (2013). Young kids and technology at home. [Blog, Videos] Edutopia. Retrieved from <http://www.edutopia.org/blog/kids-technology-home-young-children-douglas-rushkoff>
- Center on Media and Child Health. (2017). Ages and stages: Preschoolers ages 3-5. Boston Children's Hospital. Retrieved from <http://cmch.tv/clinicians/preschooler-tips/>
- Johnson, M. (2016). What every parent should know about screen time: Expert advice. Media Smarts: Canada's Centre for Digital and Media Literacy. Retrieved from <http://mediasmarts.ca/blog/what-every-parent-should-know-about-screen-time-expert-advice>
- Margalit, L. (2016) What screen time can really do to kids' brains. *Psychology Today*. Retrieved from <https://www.psychologytoday.com/blog/behind-online-behavior/201604/what-screen-time-can-really-do-kids-brains>

### Canadian Pediatric Society Recommendation:

<http://www.cps.ca/documents/position/physical-activity-guidelines>

For children <2 years, screen time (eg, TV, computer, electronic games) is not recommended.

For children 2-4 years, screen time should be limited to <1 h/day; less is better.