

HELP YOUR YOUNG CHILD
SUCCEED IN SCHOOL:

TURN OFF THE SCREENS & TURN ON THE PLAY

Experts have long agreed that young children need lots of play to become the readers, writers and problem solvers of tomorrow. But nowadays, with the focus on electronic gadgets, cell-phones and other screens, children's play has become ENDANGERED. The latest research warns that screens draw children away from play and lead to LOST ground on brain development. So how do you help your young child succeed in school?

TURN OFF THE SCREENS

The American Academy of Pediatrics recommends **NO** screen time for children under two. After age two, TRUCE advises that young children have only very limited and thoughtfully planned use of screens. Why? Screen time has been linked to:

- DELAYED LANGUAGE ACQUISITION
- IRREGULAR SLEEP PATTERNS
- A DECREASE IN MATH SCORES AND OVERALL SCHOOL ACHIEVEMENT IN LATER CHILDHOOD
- HIGHER LEVELS OF AGGRESSION.

TURN ON THE PLAY

Young children need to play—to **PRETEND, BUILD, BOUNCE, CLIMB** and **EXPLORE** their way through the world around them. Here's why:

- **PLAY WITH BLOCKS AND OTHER HANDS-ON MATERIALS BOOSTS MATH AND SCIENCE SKILLS SUCH AS COUNTING, SORTING AND SEQUENCING**
- **PRETEND PLAY IMPROVES PRE-READING SKILLS SUCH AS VOCABULARY, COMPREHENSION AND RECALL**
- **PLAY WITH DOLLS, STUFFED ANIMALS OR EVEN A CARDBOARD BOX ENHANCES IMAGINATION AND LOGICAL THINKING**
- **PLAY WITH OTHER CHILDREN, AND WITHOUT SCREENS, BUILDS SOCIAL AND LANGUAGE SKILLS.**



Teachers Resisting Unhealthy
Children's Entertainment

TRUCE helps teachers and parents deal with the harmful impact of media and commercial culture on children's play, behavior and school success.

For research references and more information, go to www.truceteachers.org. Versiones en español están disponibles en línea.