

## OWL HOUSE SCREEN TIME AGREEMENT

An increasing number of early childhood specialists are recommending extremely limited screen time (TV, videos, iPhones, iPods, computers, electronic games, etc.) until a child can *read well*. Brain research is making it clear that screen time is sub-par brain food and deprives children of essential experiences needed for good brain growth and development. To learn more about this, we highly recommend you read *How Television Poisons Children's Minds, Undermines Schooling and Threatens American Civilization*, by Miles Everett, Ph.D. Below is an overview of the book's recommendations of what children need instead, to maximize their lifetime brain capabilities.

**1. Parental love**

*Screen time can do nothing but interfere with love, to whatever extent viewing time displaces interaction shared by parents and child.*

**2. Physical exercise**

*Screen time negatively affects mental development, supplants exercise, and encourages children to prefer sedentary entertainment to physical activity*

**3. Good Nutrition**

*TV promotes junk foods, carbonated drinks, and snacks of all kinds. Advertising creates conflict between toddlers and parents.*

**4. Verbal experience**

*Talking with and reading to your child provides an important foundation for literacy and all the intellectual capabilities dependent upon literacy.*

**5. Sensory experience**

*Viewing screens emphasizes two senses and starves the rest, among them touching, smelling, tasting, hearing, and seeing. Full sensory input is essential to a child's full brain growth and development.*

**6. Free time**

*Free time for play and reflection should be the largest part of a preschooler's waking hours.*

**7. Excursions and explorations out of the home**

*These are of excellent value in learning about the larger world.*

In order to provide the above brain growth and development needs, we agree to do our best to limit our child's screen time at home to 2 hours or less each week (none for under two's, except facetime with distant friends and relatives). We also agree to inform friends and relatives who might care for our child of this agreement and educate them about the importance of limiting screen time, as needed.

CHILD'S NAME \_\_\_\_\_

\_\_\_\_\_  
FIRST PARENT'S SIGNATURE

\_\_\_\_\_  
DATE

\_\_\_\_\_  
SECOND PARENT'S SIGNATURE

\_\_\_\_\_  
DATE