



Media Policy for Christ United Methodist Preschool -

Experts do not allow media usage by children younger than age 2 and recommend limiting older children's screen time to no more than one or two hours a day. Too much screen time has been linked to obesity, irregular sleep, behavioral problems, impaired academic performance, violence and less time for play.

Specifics on CUMP School Media Policy -

For children under 1 years old we do not use screen time at all.

For children age 2, we begin using video with music and movement activities.

For older 2 years and up the use of media is limited. For example:

- ♣ We only offer limited (no more than 60 min per week) screen time in conjunction with learning themes and all screen time must be academically appropriate.
- ♣ We never use media as a substitute for planned activities or passive viewing or babysitting.
- ♣ We never use media during meal times or snack time.
- ♣ Children are never made to watch television.