

Parents, please keep in mind the following Waterford Early Learning Resources are available for your family:

1. Home Access
2. iPad app: My Backpack limited to iPads only (No phones). - App Store for iPad (No phones) see below for App Store information.



The American Academy of Pediatrics (AAP) recommends limiting the amount of time that preschoolers spend in front of a screen and suggests the following to make your preschooler's screen time more productive:

- **Be with young kids during screen time and interact with them.** That can mean playing an educational game with your child or talking about something you see together in an age-appropriate TV show or video.
- **Research games and apps before getting them for your child.** There are thousands of apps and games that claim to be educational, but not all of them are. Search online to see which ones educators and doctors consider the best.
- **Schedule plenty of non-screen time into your child's day.** Unstructured playtime is important for building creativity, so young children should have time to play away from screens every day. Family meals and bedtimes are also important times to put the screens away and interact with your child.
- **Keep devices with screens out of your child's bedroom after bedtime,** and don't allow a TV in your child's bedroom.

*Waterford meets the recommended guidelines of The American Academy of Pediatrics.