



Monona Grove Nursery School Newsletter November 2016

There are only two lasting bequests we can hope to give our children. One of these is roots, the other, wings.

Hodding Carter

Wow! We can certainly feel fall in the air! Our playground has been chilly and windy and inundated with leaves! Please remember to dress your kids warmly so they can play comfortably outside.

(I made a mistake on the date of the Fired Up Pottery event. It is THIS SUNDAY, November 6th from 11-4! So Sorry!)



Pottery Painting Family Outing!

Join us for a great family outing to make some fun gifts and support MGNS! **THIS SUNDAY** (date change) November 6th from 11-4. Come make some beautiful art, and mention MGNS and we will get 30% of the profits. Snacks will be available and gift certificates also count! Join Us!

THANK YOU!

Thank you to everyone who participated in our fall fundraisers. Our Butter Braid Sale, the bulb sale, and the buyouts raised almost \$3000 for our school.

****Don't forget that Oliver's Labels is a year-long fundraiser and a great gift for those hard to buy for people on your holiday shopping list!

****And! We still have Willy St Coop Cards available for sale in the office- \$20, \$50 and \$100 denominations. Great Gifts!

Election Day-Culvers Night! On Tuesday, November 8, 2016, the Culvers on Cottage Grove Road will be celebrating MGNS night! Have dinner or ice cream there between 5-8 pm and 10% will go to MGNS. Great time to see friends and other families, and you don't have to cook. Win win!!



We are getting to the time of year when inclement weather may cancel school. Monona Grove Nursery School closes when Madison Public Schools close. Please watch your TV or Radio for school closings and watch for the Madison Public Schools. If MGNS is not closed, please use your own discretion when the weather is bad. Don't travel if you don't feel safe!



Our parent coop bulletin board is available to all coop members to advertise home businesses, things for sale, playgroups, babysitters, carpools, whatever....

Helpful Hints from the Staff



We have had some issues with parents being late to pick up their kids at school, or from Lunch Bunch. Please be respectful of our teachers' time and know that they have other duties and jobs to do. Our pick up time for the am class is 11:45, and for lunch bunch is 12:45 and for the pm class is 3:45. Please be there a couple of minutes early to ensure that you are there for the class dismissal.



Please label all coats, sweaters, mittens, hats, backpacks, and anything else your child brings to school. Show your child where the labels are placed so they can find their own things easily. *Remember Oliver's Labels is a year long fundraiser....*



Please be sure you are our partners in teaching kids how to get dressed by themselves. We also teach them to flip their coat over their head. It would really help if you could encourage them to try this at home. We help them here, but after they give it a good try! Here is a YouTube video to show you the Preschool Flip- (aka The Dive and Flip, or Tags to Toes) <http://www.youtube.com/watch?v=nqw0-gplqhc>

Is your Calendar Marked?

Fired Up Pottery Day for MGNS- Sunday, November 6 from 11-4

Culvers Night at Cottage Grove Road Culvers-Tuesday, November 8th from 5-8

Feast Days (We will also be doing a canned food drive for the St. Stephens food pantry)

Penguins-Friday, November 18th

Starfish- Monday, November 21

Manatees, Dolphins and Seahorses- Tuesday, November 22

No School Wednesday Thursday and Friday

November 23, 24, 25

An interesting update to the "screentime" debate from the American Association of Pediatricians.

Policy addresses how to help parents manage young children's media use

Jenny Radesky, M.D., FAAP

- AAP Policy
- CME

Children are growing up in a world surrounded by media that are portable and instantly accessible. Parents and pediatricians may find it hard to keep up with the vast amount of content and new features constantly being introduced, and this can be anxiety-provoking. But one thing that will never change is that parents and trusted caregivers help children make sense of the world, particularly when things are in flux.

This is especially crucial in early childhood, according to the new policy statement *Media and Young Minds* from the AAP Council on Communications and Media. The policy addresses the influence of media on children 0 to 5 years of age and offers guidance to pediatricians and families in managing their media use. It is available at <http://dx.doi.org/10.1542/peds.2016-2591> and will be published in the November issue of *Pediatrics*.

According to the policy, media use should be discouraged for children under 18 months old, except for video chatting (e.g., Skype or FaceTime). Parents of children 18-24 months who want to introduce digital media should choose high-quality programming and watch it together. For children 2-5 years, media use should be limited to one hour a day to ensure they have enough time to engage in other activities.

Parents as media mentors

The statement focuses on guidelines for how parents can be media mentors by choosing good content; co-viewing and co-using with children to help them apply what they learn on screens to the world around them; and teaching children how to use media to enrich their relationships and connect with others. Time limits still matter, and age limitations still are in place, but just as important is the *how* of media use.

Media mentoring involves making decisions about:

- *how* children will use media (e.g., to learn a new skill from an Elmo video);
- *how* parents will serve as role models on media use (e.g., putting phones away during playtime);
- *where* families will and will not use media (e.g., dinner table, bedroom); and
- *when* families will and will not use media (e.g., bedtime).

Smart choices

The goal is for parents and caregivers to prepare children to grow up in a media-saturated world, from infancy (when video chatting is fine) to toddlerhood (when apps should be chosen wisely and used together with kids) to preschool (when effective programs such as Sesame Street can help them learn prosocial behaviors or new ideas to engage their minds).

When advising parents on media content, it is important to communicate that most of the content labeled as “educational” in app stores has not been evaluated. Furthermore, some features of “interactivity” may actually distract from parent-child teaching interactions and child comprehension. Research shows that the most important “interactive” element is how an adult supports and plays with the child while using media, not the bells and whistles of the app or game itself — despite marketing claims.

Because parents want practical guidance from pediatric providers about how to manage the media in their households, the policy suggests good digital practices and products, such as the need to make co-viewing the norm; why parents should not feel pressure to introduce media early; and the need for children to take part in other healthy activities.

What pediatricians can do

- Ask parents about family media use and help them develop a Family Media Plan (www.HealthyChildren.org/MediaUsePlan).
- Educate parents about brain development and the importance of hands-on, unstructured and social play to build language, cognitive and social-emotional skills.

Recommendations for families

- For children younger than 18 months, discourage use of screen media other than video chatting.
- For parents of children 18-24 months who want to introduce digital media, select high-quality programming/apps (see resources) and use media together with children.
- For children 2-5 years, limit screen use to one hour a day of high-quality programming, and co-view with children.
- Avoid using media as the only way to calm a child.
- Keep bedrooms, mealtimes and parent-child playtimes screen-free for all. Stop using screens an hour before bedtime and remove devices from bedrooms before bedtime.
- Avoid fast-paced programs, apps with lots of distracting content and violent content.

Dr. Radesky is a lead author of the policy statement and a member of the AAP Council on Communications and Media Executive Committee.