



## West Essex YMCA Peanut Shell Child Care Center Computer/Television Viewing Policy

Peanut Shell provides an activity-focused early learning environment. We believe children learn best through active participation, hands-on experiences, interactive conversation, and exploration. Peanut Shell follows the recommendations established by the American Academy of Pediatrics, which has found that too much television viewing has been linked to poor performance in school, overweight children, and the establishment of poor dietary habits.

As such, children at Peanut Shell under age two, will not have access to television viewing, which includes watching videos, or DVDs, playing with video games, and using the computer. For children age two and older who are in care four or more hours each day, television screen time is limited to 60 minutes per week and no more than 15 minutes at a time. Computer use is limited to 15 minute increments per child. For children age two and older who are in care less than four hours per day, television screen time is limited 30 minutes per week. Computer use is limited to 15 minute increments per child.

### Our Screen Time Policy

Children Under Two	No Screen Time
Children Over Two (in care four or more hours daily)	60 minutes per week 15 minute increments
Children Over Two (in care fewer than four hours daily)	30 minutes per week 15 minute increments