



Lead the Change Child Care & Nursery School Application



# Lead the Change Child Care/Nursery School Application

We encourage you to **Lead the Change** and **Power Off and Play!** Click on the [link](#) to access the online application. Deadline for your submission is **February 21<sup>st</sup>, 2018**. We thank you for your application and your commitment to supporting Healthy Kids!

## Contents

<b>Introduction to Theme 4</b> .....	2
<b>Recommendations for Action</b> .....	3
<b>Award Criteria</b> .....	3
<b>Environmental-level change</b> .....	3
<b>Education of Parents and Children</b> .....	4
<b>Evaluation</b> .....	4
<b>Award Package</b> .....	4
<b>Application</b> .....	4

## Introduction to Theme 4

Theme 4 is all about helping children and families build a balanced day that is not filled with recreational and sedentary screen time. Less than 25% of children in Canada meet the guidelines for screen time.

Age	Recommended hours of screen time
under 2 years	None <sup>A,C</sup>
2-4 years	Less than 1 hour a day <sup>A,C</sup>
5-17 years	No more than 2 hours of recreational screen time a day <sup>A,B</sup>
<small>A. Canadian Society for Exercise Physiology's Canadian Sedentary Behaviour Guidelines<sup>i</sup> B. Canadian Society for Exercise Physiology's 24-Hour Movement Guidelines for Children and Youth<sup>ii,iii</sup> C. Canadian Pediatric Society's Position Statement on Screen Time and Young Children<sup>iv</sup></small>	

Excess screen time can harm children's early development, physical and psychosocial health:

- **Early development:** Higher screen time is linked to poor brain development, language development and attention skills in the early years.
- **Physical health:** Higher screen time is linked to lower levels of physical fitness, higher weight and higher risks of cardio-metabolic disease (e.g. blood pressure, cholesterol, insulin).
- **Psychosocial health:** Higher screen time is linked to behavioural issues, lower self-esteem and lower psychological well-being.

In terms of meal time, research shows that screen time can interfere with mindful eating. As well, research shows that, during or shortly after being exposed to ads for unhealthy foods, children eat more and prefer less healthy food and beverages. Children who eat away from screens eat more vegetables and fruit and drink fewer sugar-sweetened beverages.

For more information and for references to the above research click [here](#).

### Recommendations for Action

While research on screen time is still emerging, it supports minimizing screen time as part of a balanced day in three key ways. Communities participating in the Healthy Kids Community Challenge are tasked to help children and families to build a balanced day that includes:

1. **Staying within recommended screen time limits**
2. **Putting screens away during important times of day, including mealtime and bedtime**
3. **Replacing some screen time with other activities**

The [Lead the Change Award Package](#) is designed to support agencies across the County of Middlesex, including Child Care/Nursery Schools, in helping children and families **Power Off and Play!** considering the above three ways!



### Award Criteria

Click on the links to read more details. To be a recipient of the award your Child Care/Nursery School would need to agree to:

- ☐ adopt one or more [environmental-level changes](#)
- ☐ support [education](#) of families
- ☐ support [evaluation](#)

### Environmental-level change

Children learn best through active participation, hands-on experiences, interactive conversation, and exploration. The use of screens (television, handheld devices and computer) can interfere with opportunities to learn from more enriching play-based activities.

The environmental-level changes proposed in the application aim to reduce the use of screens in the Child Care/Nursery School environment. You are encouraged to choose a **minimum of one** of the following as a priority area for change:

- ☐ **Recreational Screen Time Use:** We understand that TV and other electronic media can get in the way of learning and healthy physical and social development that occurs during exploration, play, and interacting with others. Therefore we will consider other forms of engagement of our children aside from television, videos, DVDs, computers, and video games. We will only allow for a maximum of **30 minutes total per week of educational and age appropriate screen time** (television, video, and DVD).
- ☐ **Use of Recreational Screen Time for Meal Time Guideline:** We understand that TV and other electronic media can get in the way of being mindful of eating and to listening to body cues for satiety. Therefore during lunch hour and other eating occasions, we will aim to keep screens including television, videos, computers and video games **off**.

- **Use of Screens for Children under Two Years of Age.** The Canadian Pediatric Society recommends zero hours of screen time per day for children under two years of age. Therefore we will **not allow** for any screen time for children under the age of two.
- **Educational Screen Time Use for School-age Children (5 years and older) Guideline.** We understand that TV and other electronic media can get in the way of learning and healthy physical and social development that occurs during exploration, play, and interacting with others. With that said, the use of computer and Internet may on occasion be required for school-age children, 5 years of age or older, in researching for a school topic. Therefore, for school-age children, we will allow for **up to 15 minutes of educational computer time per day.**

### Education of Parents and Children

You will be asked to send home information to parents on the Power Off and Play! key messages. We will supply you with material. We will also supply you with age-appropriate activities for children in your care.

### Evaluation

In late May 2018, Healthy Kids will follow up with your Child Care/Nursery School to collect information on the following:

1. Progress in adopting environmental-level change through an online survey of the applicant
2. Report on allocation of provided funds
3. Perceptions of the impact of the intervention on behaviour of children and families through an online and/or paper survey of teachers and parents

### Award Package

Awarded sites will be provided with up to \$500 in funding to support enrichment of equipment or material in one or more of the following areas:

1. Food Literacy (including cooking equipment or gardening supports)
2. Physical Literacy (e.g. balls, hula hoops)
3. Literacy (e.g. books, board games)
4. Outdoor Play (e.g. sand toys)

Each of the above are considered healthier alternatives to screen time use for children.

Funding will need to be spent **before May 1, 2018**. Funding for Child Care/Nursery Schools has been capped at \$4000, and the maximum amount a Child Care/Nursery School will be allocated is \$500. The total amount a Child Care/Nursery School receives will be dependent on the number of sites that apply.

*Please note that the following are not applicable: food costs or costs for material such as napkins, paper towels; office supplies such as paper, folders.*

### Application

Click on the [link](#) to access the online application.





## References

---

<sup>i</sup> Canadian Society for Exercise Physiology. (2011). Canadian Sedentary Behaviour Guidelines. <<http://www.csep.ca/view.asp?ccid=508>>

<sup>ii</sup> Tremblay, M.A., Carson, V., Chaput, J.P., Connor Gorber, S., Dinh, T., Duggan, M. et al. (2016). Canadian 24-hour movement guidelines for children and youth: An integration of physical activity, sedentary behaviour, and sleep. *Appl Physiol Nutr Metab*, 41 S311-S327. <dx.doi.org/10.1139/apnm-2016-0151>

<sup>iii</sup> Canadian Society for Exercise Physiology. (2016). 24-Hour Movement Guidelines. <<http://www.csep.ca/en/guidelines/canadian-24-hour-movement-guidelines>>

<sup>iv</sup> Canadian Pediatric Society. (2017). Screen time and young children: Promoting health and development in a digital world. <<http://www.cps.ca/en/documents/position/screen-time-and-young-children>>

