

LIBRARY NEWS

Screen time and your 0-5 year old child

How does screen time affect your child?

Does it have an impact on your child's health, mood, or behavior? What are the potential educational benefits? Let's find out!

After reading several articles and studies from the American Academy of Pediatrics (AAP) and Psychology Today (PT), I was both intrigued and shocked at my findings. Being a mom of a 2-year-old myself, I know (and have read from many sources) that the most important way for children ages 0-2 to learn skills and functions essential for school success, such as task persistence, impulse control, emotion regulation, and creative & flexible thinking, is best taught through unstructured and social (not digital) play, as well as parent-child interactions. This is not to say that limited screen time can have its place.

Potential Harm of Too Much Screen Time

According to both the AAP and PT, the following are potentially harmful effects of excessive screen time:

Weight – Excessive media use during preschool years is associated with small but significant increases in BMI and could set the stage for weight gain later in childhood.

Sleep – Increased duration of screen exposure has been associated with fewer minutes of sleep per night. Even infants exposed to screens in the evening hours show significantly shorter nighttime sleep. The reasons for this include stimulating content and suppression of melatonin caused by blue light emitted from screens.

American Academy of Pediatrics Media Use Guidelines for Young Children

Age	Description	Media Use Guidelines
Younger than 2	Children younger than 2 learn and grow when they explore the physical world around them. Their minds learn best when they interact and play with parents, siblings, caregivers, and other children and adults.	For children younger than 2, <ul style="list-style-type: none"> Media use should be very limited and only when an adult is standing by to co-view, talk, and teach. For example, video-chatting with family along with parents.
	Children younger than 2 have a hard time understanding what they see on screen media and how it relates to the world around them. However, children 15 to 18 months of age can learn from high-quality educational media, IF their parents play or view with them and reteach the lessons.	For children 18 to 24 months, if you want to introduce digital media, <ul style="list-style-type: none"> Choose high-quality programming. Use media together with your child. Avoid solo media use.
2 to 5 years of age	At 2 years of age, many children can understand and learn words from live video-chatting. Young children can listen to or join a conversation with their parents. Children 3 to 5 years of age have more mature minds, so a well-designed educational program such as Sesame Street (in moderation) can help children learn social, language, and reading skills.	For children 2 to 5 years of age, <ul style="list-style-type: none"> Limit screen use to no more than 1 hour per day. Find other activities for your children to do that are healthy for their bodies and minds. Choose media that is interactive, non-violent, educational, and prosocial. Co-view or co-play with your children.

Development – Population-based studies show association between excessive television viewing in early childhood and cognitive, language, and social/emotional delays.

Mood – Children's brains are much more sensitive to electronics than most of us realize and can therefore affect their mood, making them lazy, angry, depressed, anxious, unmotivated, and overstimulated.

Potential Benefits of Limited Screen Time

Encouraging Learning – Well-designed television shows, such as *Sesame Street*, can improve cognitive, literacy, and social outcomes for children 3 to 5 years of age.

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Increasing Literacy Skills – Utilizing device applications (apps) from the Sesame Workshop and Public Broadcasting Service (PBS) can be effective for teaching literacy skills to preschoolers. Be sure to test apps before the child uses them, play together, and ask your child what they think about the app.

WARNING! Many apps found under the “educational” category in app stores have shown no evidence of efficacy. Look for apps that include active involvement, meaningful experiences, and social interaction. Do your research to identify truly educational apps! Learn with Homer, Toontastic, Motion Math, Big Bird’s Words, and Toca Boca are a few tried and true educational apps for your kids.

Expanding Parent-Child Interactions – The chief factor that enables toddlers’ learning with digital media is when parents watch with them and repeat the content together. This provides another opportunity to interact, play, and learn with your child!

Tips

- Do not feel pressured to introduce technology early. Most devices are instinctive and children will figure them out quickly once introduced at home or at school.
- Turn off televisions and other devices when not in use.
- Keep bedrooms, mealtimes, and parent-child playtimes screen free for *both* children and parents. Parents can set a “do not disturb” option on their phones during these times.
- Try an “electronic fast” for kids who seem “wired & tired” by eliminating electronics for several weeks. This will allow their nervous systems to reset.
- Consult the American Academy of Pediatrics Family Media Use Plan, available at healthychildren.org/MediaUsePlan.

References

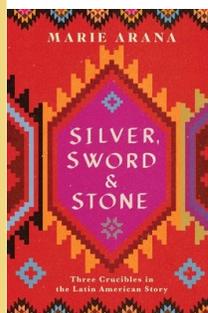
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Booklist Editors’ Choice: Top of the List 2019 Adult Nonfiction Winner

Silver, Sword & Stone: Three Crucibles in the Latin American Story by Marie Arana



Acclaimed writer Marie Arana tells the timely and timeless stories of three contemporary Latin Americans.

Leonor Gonzales lives in a tiny community perched 18,000 feet above sea level in the Andean cordillera of Peru, the highest human habitation on earth. Like her late husband, she works the gold mines much as the Indians were forced to do at the time of the Spanish Conquest.

Carlos Buergos is a Cuban who fought in the civil war in Angola and now lives in a quiet community outside New Orleans. He was among hundreds of criminals Cuba expelled to the US in 1980.

Xavier Albó is a Jesuit priest from Barcelona who emigrated to Bolivia, where he works among the indigenous people.

In *Silver, Sword & Stone*, Marie Arana seamlessly weaves these stories with the history of the past millennium to explain three enduring themes that have defined Latin America since pre-Columbian times: the foreign greed for its mineral riches, an ingrained propensity to violence, and the abiding power of religion. What emerges is a vibrant portrait of a people whose lives are increasingly intertwined with our own.

Available in print and audiobook.

The mission of the North Valley Public Library is to strengthen and support our community by:

- fostering a welcoming and comfortable setting for all people to gather, explore, and discover;
- promoting literacy and lifelong learning;
- providing exemplary programming, service, and quality, timely materials.

United States[®] Census 2020

Why Your Answers Matter

The results of the 2020 U.S. Census will help determine how hundreds of billions of dollars in federal funding flow into communities every year for the next decade.

This federal funding shapes many different aspects of every community, no matter the size, no matter the location. It is important to return your census.

How the Census Bureau Protects Your Data

The U.S. Census Bureau is bound by law to protect your answers and keep them strictly confidential. In fact, every employee takes an oath to protect your personal information for life.

Our Legal Duty To Protect Your Information

The U.S. Census Bureau is bound by Title 13 of the U.S. Code to keep your information confidential.

Under Title 13, the U.S. Census Bureau cannot release any identifiable information about you, your home, or your business, even to law enforcement agencies. This duty ensures that your private data are protected and that your answers cannot be used against you by any government agency or court of law.

The answers you provide are used only to produce statistics. You are kept anonymous: The Census Bureau is not permitted to publicly release your responses in any way that could identify you or anyone else in your home.

Secure Technology

From the beginning of the data collection process, the U.S. Census Bureau follows industry best practices and federal requirements to protect your data.

The security of U.S. Census Bureau systems is a top priority, and our IT infrastructure is designed to defend against and contain cyberthreats. We continually refine our approach to detecting, identifying, and responding to these threats, in addition to ongoing prevention efforts.

Avoiding Fraud and Scams

Phishing is when a criminal tries to get your information by pretending to be an entity that you trust. Phishing emails often direct you to a website that looks real but is fake—and may be infected with malware.

It is important to know that the U.S. Census Bureau will not send unsolicited emails to request your participation in the 2020 Census.

Also, the U.S. Census Bureau will never ask for:

- Your Social Security number.
- Your bank account or credit card numbers.
- Money or donations.
- In addition, the Census Bureau will not contact you on behalf of a political party.

How to Stay Safe at Home:

If someone visits your home to collect a response for the 2020 U.S. Census, you can do the following to verify their identity:

- Check to make sure that they have a valid ID badge: with their photograph, a U.S. Department of Commerce watermark, and an expiration date.
- If you still have questions about their identity, you can call 800-923-8282 to speak with a local Census Bureau representative.

NO PROGRAMS IN MARCH DUE TO RENOVATION

We are not holding any programs in the adjoining Community Room during renovation. The Community Room will not be available for reservation for March. Be aware that renovation delays are possible.

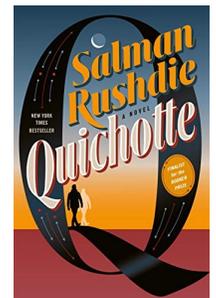
Booklist Editors' Choice: Top of the List 2019 Adult Fiction Winner

Quichotte by Salman Rushdie

Named One of the Best Books of the Year by *Time* and *NPR*.

Inspired by the Cervantes classic (*Don Quixote*), Sam DuChamp, a mediocre writer of spy thrillers, creates

Quichotte, a courtly, addled salesman obsessed with television who falls in impossible love with a TV star. Together with his (imaginary) son Sancho, Quichotte sets off on a picaresque quest across America to prove worthy of her hand, gallantly braving the tragicomic perils of an age where "Anything-Can-Happen." Meanwhile, his creator, in a midlife crisis, has equally urgent challenges of his own.



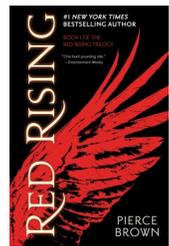
Staff Recommend These Teen/Adult Crossover Titles

The following books are suitable for either Adults or Teens:



The Winternight Trilogy by Katherine Arden.

Emily, our new Teen and Youth Specialist, highly recommends the Winternight series. The first book, *The Bear and the Nightingale*, deals with magical realism based on Russian fairy tales. The entire trilogy is a great read while there is still snow on the ground because it gives you a feeling of adventure while you're stuck indoors.



Red Rising by Pierce Brown is the name of the first novel in the Red Rising series.

Emily describes the series as "The Hunger Games set in space."

An action-packed, true science fiction adventure series set 700 years into our future.

Red Rising is soon to be made into a movie.



Library Assistant **Pam** recommends *Throne of Glass*. It is a young adult high fantasy novel series by American author Sarah J. Maas.

The action-packed adventure story follows the journey of Celaena Sardothien, a teenage assassin in a corrupt kingdom.

Book Donations & Gifts Policy

Due to the high cost of cataloging and processing unsolicited materials, the Library does not generally accept donated materials. North Valley Public Library has a collection budget and purchases new materials monthly. Library staff regularly remove outdated materials from the collection to make room for new materials.

Monetary gifts for collection development are welcome, and suggestions for purchase of particular titles or subject areas are considered, but the library director and staff reserve the right to determine what items will be added to the collection, according to the selection criteria outlined in the Collection Development Policy.

Tax Help

Volunteer Income Tax Assistance (VITA) provide free tax filing help from trained and certified volunteers. Some websites provide priority services to seniors.

Here is a listing of VITA sites in Stevensville for 2020:

AARP: Stevensville Senior Center

100 Mission Street, Stevensville, MT

Appointments only.

Call (406) 777-5681 to schedule an appointment.

VITA: Clearwater Federal Credit Union

107 Main Street, Stevensville, MT

Appointments only.

Call (406) 523-3300 to schedule an appointment.

This service will be open through April 12, 2020.

For more locations, see the website **MontanaFreeFile.org**, and to find out which forms they will and will not prepare, and what to bring to an appointment.

Interlibrary Loan

Your North Valley Public Library card provides you access to many libraries in the State. We are a member of the Partners sharing group, which includes the following libraries:

Bitterroot	Mineral County
Darby	Missoula
Drummond	Philipsburg
Fallon County	Plains
ImagineIF (Flathead County)	North Lake County
Glendive	Prairie County
Hearst	Rosebud County
Laurel	Colstrip
Lincoln County	Stillwater County
Livingston-Park County	Whitefish
Miles City	

Sometimes a Partner library does not own the material that you need. We can request items from other libraries in the United States. There is a small expense for this to offset the shipping cost. **Please DO NOT return items from libraries outside of our Partners in the book drops.**