

Go NAP SACC

Self-Assessment Instrument

		Date:
Program I	Name:	
Enrollmer	nt ID#:	
	Screen Time	

Go NAP SACC is based on a set of best practices that stem from the latest research and guidelines in the field. After completing this assessment, you will be able to see your program's strengths and areas for improvement, and use this information to plan healthy changes.

For this self-assessment, **screen time** includes any time spent watching shows or videos, or playing games (including active video games) on a screen. Screens can include televisions, desktop, laptop or tablet computers, or smart phones. For children 2 years of age and older, screen time does not include teachers using e-books or tablet computers to read children stories, using Smart Boards for interactive instruction, or connecting with families through Skype or other videoconferencing programs.

Before you begin:

- ✓ Gather staff manuals, parent handbooks, and other documents that state your policies and guidelines about screen time.
- ✓ Recruit the help of key teachers and staff members who are familiar with day-to-day practices.

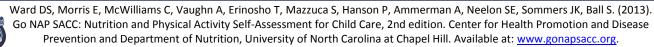
As you assess:

- ✓ Definitions of key words are marked by asterisks(*).
- ✓ Answer each question as best you can, thinking about your general practices. If none of the answer choices seem quite right, just pick the closest fit. If the question refers to an age group you do not serve, move to the next question.

Understanding your results:

✓ The answer choices in the right-hand column represent the best practice recommendations in this area. To interpret your results, compare your responses to these best practice recommendations. This will show you your strengths and the areas in which your program can improve.

A۱	vailability						
1.	Televisions are located: ☐ In every classroom	□ In some classrooms		Stored outside of classrooms but regularly available to children		No televisions or televisions stored outside of classrooms and not regularly available to children	
2.	computers to read ch	and older, the amount of sci 60-89 minutes (Half-day: 30-44 minutes) If age and older, screen time ildren stories, using Smart Bo er videoconferencing program	does oards	30-59 minutes (Half-day: 15-29 minutes) not include teachers usin	g e-k	Less than 30 minutes (Half-day: Less than 15 minutes) pooks or tablet	
3.	□ 60 minutes or more * For children under 2 y	of age, the amount of screen 30-59 minutes years of age, screen time include ve video games) on a screen. phones.	udes	1-29 minutes any time spent watching	shov	No screen time is allowed vs or videos, or playing	
4.		are shown, this programmin Sometimes mercial-free shows and video not contain advertising.		Often		Always	
5.	When screen time is offere ☐ Rarely or never	d, children are given the opp Sometimes		nity to do an alternative Often		rity: Always	
Pr	actices						
6.	Screen time is used as a rev	ward: 1-4 times per week		1-3 times per month		Rarely or never	
7.	When screen time is offere ☐ Rarely or never	d, teachers talk with childre Sometimes		ut what they are seeing Often		learning: Always	
Education & Professional Development							
8.	Teachers and staff receive ☐ Never	professional development* Less than 1 time per year		r een time: 1 time per year		2 times per year or more	
	 Professional development can include print materials, information presented at staff meetings, and in-person or online training for contact hours or continuing education credit. 						



9.	Professional development on screen time includes the following topics: See list and mark response below. Recommended amounts of screen time for young children Appropriate types of programming for young children Appropriate use of screen time in the classroom Communicating with families about healthy screen time habits Our program's policies on screen time							
	□ None	☐ 1-2 topics	☐ 3-4 topics	☐ 5 topics				
10.	□ Never	education* on screen time: Less than 1 time per year include brochures, tip sheets, links		☐ 2 times per year or more				
11.	 Education for families on screen time includes the following topics: See list and mark response below. Recommended amounts of screen time for young children Appropriate types of programming for young children Appropriate supervision and use of screen time by caregivers Our childcare program's policy on screen time 							
	□ None	☐ 1 topic	☐ 2-3 topics	☐ 4 topics				
Po	licy							
 12. Our written policy* on screen time includes the following topics: See list and mark response below. Amount of screen time allowed Types of programming allowed Appropriate supervision and use of screen time in classrooms Not offering screen time as a reward or withholding it as punishment Professional development on screen time Education for families on screen time 								
	•	cy includes any written guidelines al		☐ 5-6 topics erations or expectations for andbooks, staff manuals, and other				
<u></u>								

Congratulations on completing the Go NAP SACC Screen Time Self-Assessment!

For more information about this and other Go NAP SACC tools, please visit: www.gonapsacc.org.

