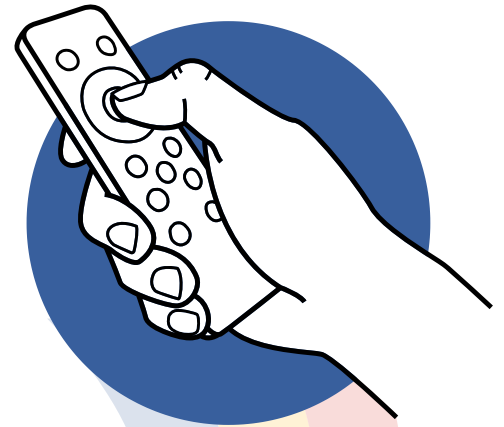


WHAT IS YOUR MEDIATION STYLE?



There's no one right way to manage kids' media use. It's all about balancing risks and benefits. However, research shows that active mediation, or being hands-on with kids media use and talking with them often about what they are watching, is the best way to teach healthy media habits.

Use this quiz to help you see how you manage media in your home or childcare center right now. (Remember, "kids" means any children in your care.)

To take the quiz, read each statement and write a number 1-5 next to it based on how much you agree. After rating the statements in each section, add together the numbers to find your section total.

When you're finished, head to the last page to learn about your current mediation style! Then you can decide if you like your media style or you want to change it a bit.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1	2	3	4	5

SECTION ONE

1-5

I explain how much time my kids are allowed to spend on screens and tell them why.

My kids and I talk about when and where screens are okay, and when they are not okay.

My kids see that I can manage my own screen time in a healthy way.

My kids and I often use media together and talk about it while it is happening.

I explain what shows and apps are appropriate for my kids and help them find good options.

In front of my kids, I only watch or use child-appropriate content.

SECTION ONE TOTAL SCORE



SECTION TWO

1-5

My kids do not need me to be part of their screen time, they know what to do on their own.

I let my kids use screens whenever they want.

I do not think there are many risks to screen use.

I often give my kids screen time when they need to be entertained or calmed down.

I use screen time like a babysitter so that I can do other things while my kids are busy.

I want my kids to use technology as much as possible so they're ready for the future.

SECTION TWO TOTAL SCORE



SECTION THREE

1-5

I pay attention to how much time my kids spends on screens.

Our family (or center) has rules about screen time.

I do not let my kids use screens for longer than they are allowed to.

I notice what my kids watch and do on screens.

We have rules about what my kids are and are not allowed to watch.

We have rules about when and where my kids are and are not allowed to use screens.

SECTION THREE TOTAL SCORE

WHAT IS YOUR MEDIATION STYLE?



SECTION ONE Active Mediation	SECTION TWO Risky Mediation Practices	SECTION THREE Restrictive Mediation
My score:	My score:	My score:

This is a starting point for you to notice your mediation style right now today. Try not to guilt or blame yourself if you are not happy with your score. Finding areas to work on is the first step toward healthy media use by the children you care for.

The goal is to have the highest score in the **Active Mediation** category and to have or work toward a low score in the **Risky Mediation** category. If you scored high on **Restrictive Mediation**, you are doing a great job with setting rules and limits. You just need to add in talking with kids regularly about the media they are using and taking time to watch shows and use apps together. This helps kids get the most out of media use and begin to understand healthy media choices and boundaries!

Check out the **Ideas for Practicing Active Mediation Guide** for tips on how to talk to kids about media rules and set them up for a lifetime of healthy media habits.

IDEAS FOR PRACTICING ACTIVE MEDIATION

SHOW

Make a menu of media choices that you can use to help kids understand which apps, shows, or videos are okay to watch. You can make flashcards with pictures of the apps or shows to show kids which ones they are allowed to use.

Explain

Explain to children what shows and apps they are allowed to use and why. Give them specific examples of what they can watch or play and describe why you are choosing it.

MODEL

Model positive media use. Don't watch or play things you don't want your children to see *anytime* they are around.

Limit

Discuss when and where children are allowed to use screens and stick to the limit. For example, "There are no screens allowed at mealtime, near bedtime, or in the bedroom."

Talk With

Talk with children about what they saw on screen. Ask how it made them feel.



MEDIA MENU EXAMPLE



Use the grid on the next page to create a visual "media menu" for children. Copy images of the shows and/or apps you have chosen for them to use and paste them into the squares.



MEDIA MENU TEMPLATE





WEEKDAY SCHEDULE FOR:

6 AM	
7 AM	
8 AM	
9 AM	
10 AM	
11 AM	
12 PM	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
6 PM	
7 PM	
8 PM	
9 PM	

DAILY TIME GOALS

SLEEP	11 to 14 hours (ages 1-2), 10-13 hours (ages 3-5)
OUTSIDE PLAY	At least 30 minutes per day, ideally spending more time outside than on screens each day
SCREEN TIME	Less than one hour daily of high-quality educational content





WEEKEND SCHEDULE FOR:

6 AM	
7 AM	
8 AM	
9 AM	
10 AM	
11 AM	
12 PM	
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