

are YOU *Ready for Screens?*



So you're going to share the *I'm Ready for Screens* booklet! Awesome! Thank you!

Before you get started, there are a couple of things I really want you know about, just to make sure you're feeling confident and excited! Please take the time to 1) watch the initiation video at the link below 2) read the attached 'how to use' sheet and c) flip through your copy of the booklet!



youtu.be/vGsAx3GgMt4

That's it! Now you ARE ready for screens!

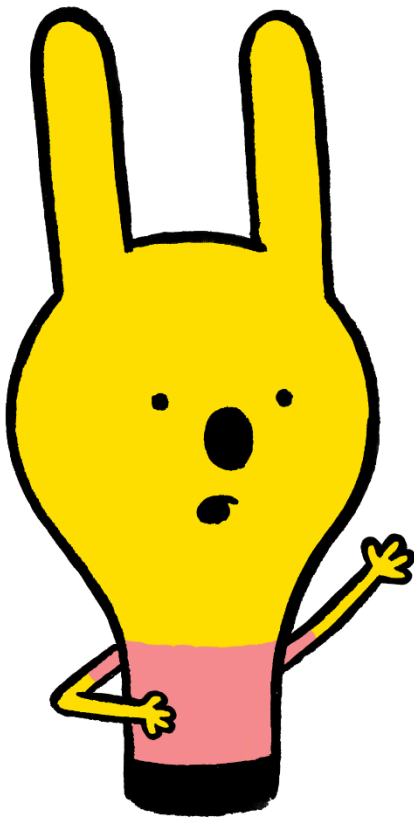
Using the *I'm ready for screens* booklet

Rationale: We have printed hard copies of this booklet as opposed to digital copies to reinforce the messaging that we should all spend less, not more, time on our screens.

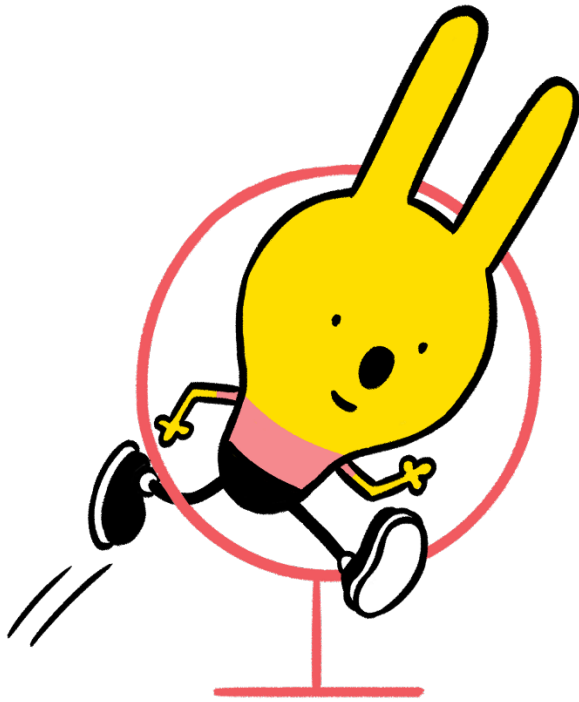
Whenever possible, take the opportunity to have a conversation with the people you are sharing the booklet with, and describe why it is essential for adults to be the regulators when using screens **with** young children.

Talking Points

- Important adults are the single most important factor in giving children the best possible start in life. That means guiding children not just in the real world but in the digital domain as well.
- In today's tech and media-driven world, many parents use screens to keep young children entertained or distracted while they juggle other needs. Though it is sometimes challenging, infants and children should experience the real world with all of their senses and through live interaction with others – the way we know they learn best: the evidence that children learn well or meaningfully from screens is limited.
- Adults are the models for what healthy screen use looks like. Limit technoference in your own life and show children the ways that technology can *help* in our lives, but *should not become our whole* lives.
- Emphasize that adult-child relationships are strongest when they are responsive and attentive, with lots of back and forth interactions called "serve and return": it takes [at least] two to play and to learn, and screens don't count as one of those two.
- **Talk, play, read, sing** and **make** with young children every day to help keep their development on track and make sure they are not one of the 1 in 4 children that are struggling with learning before they even reach kindergarten.



Printing Guidelines for **I'm Ready** Booklets



You are welcome to create links to these PDFs to share with your community. Each version of the booklets are available digitally at calgaryreads.com/tukay.

PLEASE NOTE: The I'm Ready booklets are to be used as an engagement tool. The booklets should only be given out in the context of a conversation with families and caregivers. This approach enables us all to understand and ask questions about the information, and build a relationship with other important adults. A conversation also increases everyone's ability to use the book and perhaps share it with someone else. Please do not hand out the booklets without the context of a conversation (for example, they should not be placed on a flyer stand in the lobby of your office)!

CUSTOMIZATIONS:

If you would like to customize the booklet you may do so using Calgary Reads' graphics team. The 'Helpful Links' page and the back white pages are available to customize. All the front pages of the booklets must remain unchanged. Booklets must remain at 20, 24, or 28 pages for print purposes. If you would like a quote on customizations, please email Meghan Delnea directly (design@meghandelnea.com) and include the information below:

Name

Organization

Brief description of the customizations required, including which version(s)

Who will receive the booklets and how many do you plan to print?

ENGAGE:

As a courtesy and to help us figure out how far these resources continue to travel, please take some time to tell us more about how you'll be using them in your work by filling out the quick survey at calgaryreads.com/tukay.

Printing must occur at a professional printing service to preserve the integrity of these documents. Please see the printing sizes below and provide them to your preferred printing company.

4.25×5.5" booklets

Saddle-stitched 20, 24, or 28 page booklets

100# Text throughout, 4/4