



North Seattle
Cooperative
Preschools

PARENT ADVISORY COUNCIL (PAC)

COMMUNITY NEWS

NOVEMBER 2017



“Kids and Media: Formulating a Family Plan” by Erin Bernau

Like many of you, I find myself in almost daily negotiations with my kids about screen time. How much is allowed? Of what quality? What are exceptions to our general rules? Oh, and, can we get an Xbox?

Positive Discipline has a lovely saying that I often refer back to during my conversations with my own children about media: We often allow our kids too much freedom until we can't stand our kids and then we rebound by imposing too many limits until we can't stand ourselves as parents. I like to imagine love and limits as two guideposts and our job as parents is to try and walk down the middle of the two, because this is when both parents and children are being respected. But, of course, this is hard to do! My hope in this article is to give some information about how families can approach media usage with clear values and fair expectations.

In my work with parents, I find that many of us struggle with a lot of guilt and anxiety about media usage. **We live in a time when types of media and media content are exploding at an exponential rate. There are many more demands on our time and many more choices than we experienced when we were children.** Our kids are media and technology savvy, often much more so than we are! We have to make judgment calls in an environment that is changing and developing almost as quickly as our own children are. We are afraid of making a mistake, of either offering too little media or too much. I know few parents who feel that they have found the sweet spot in terms of their own or their kids' technology usage.

Even science offers us few concrete answers. This year, the American Academy of Pediatrics announced that it will be convening to revisit the guidelines for media usage that it introduced in 2011. These guidelines stated that children under the age of 2 should have no screen time and that kids older than 2 should be limited to two hours of screen time a day. The thought is that the media landscape has

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What is PAC?

About the Parent Advisory Council:
The Parent Advisory Council (PAC) is composed of parents representing each co-op class in the Parent Education Program at North Seattle College as well as a faculty representative from the Parent Education Program, Health and Human Services Division.

PAC meets on a monthly basis and its major objectives are:

- To promote quality education for parents and their young children.
- To offer parent information and opinions for decision making by the Parent Education Program, Health and Human Services Division, North Seattle College.
- To unify the co-ops throughout the system by providing a communication network for voicing needs and sharing ideas.
- To provide year-to-year continuity and a sense of history for a program made up of many diverse elements.
- To make co-ops available to all socioeconomic groups.

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Calendar

December

1 Scholarship deadline

11 PAC Meeting

PAC Meeting Dates

Dec 11, Jan 8, Feb 12, March 12,

April 2nd, May 21st

Faith Lutheran 9:30am-11:30am



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changed quickly in the past four years and that the medical establishment is struggling to catch up. But, is this a recommendation based on what is best for kids, or simply a response to the real world in which parents need to take a shower or make a phone call and see a thirty minute period of screen time for even a very young child as the best option available to occupy their child's time?

What is clear is that there is much we don't know about media and how it is affecting our brains, and those of our children. Young children's brains are thought to be at a more vulnerable developmental stage than those of older children. But, the fact is that our children are some of the first to experience a world with interactive phones and tablets, a world where we can watch what we want when we want to, a world wherein screens have infiltrated public and private spaces to a degree never seen before. We are the test cases and the good and the bad from this new world will be a focus of much interest in decades to come.

And yet, media is far from all bad, of course! Our children get to develop their ideas about people, places, and culture, drawing from the vast resources of the Internet. They can learn new skills, interact socially with peers, and learn valuable lessons about the world at large. Kids also are able to use media as we adults do, just to decompress after a long day, a way to rest our brains when we feel overtaxed or tired. The way I talk about it with my kids is to draw a pie chart filled with sections for all the activities that make up day for them: school, family time, eating, playing sports, reading, reflective time, etc. Media is one piece of this pie, but when it gets too big it can overshadow the other value parts that make up our lives. The goal is to live a balanced life with activities that make us feel good and help to build up our sense of selves. In this way, I try not to demonize screen time, but to show it as one part of a fulfilling life.

Kids do need guidance about how to use this time and parents need to be aware of what their kids are consuming in this vast media universe. I often recommend the fabulous website, Common Sense Media, for just this purpose. On this website, you can search for specific books, video games, tv shows, and movies. Each is given a age ranking and then guidelines about whether it includes positive messages, positive role models, violence, sex, language, consumerism, and drinking/drugs/smoking. Many of the descriptions also include discussion questions so that you can talk to your

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kids about the messages they are receiving. This teaches kids to be intelligent media consumers. These discussions can also give parents and kids real opportunities to explore values together.

Speaking of values, this is another parenting arena where we must figure out our own values. It is our child's job to try and push against limits, and so we must know where we stand and why we made this decision in order to withstand the pressure that kids will inevitably place on us. Many families have a set amount of time for media every day, but may make exceptions for a family movie night or watching a sporting event together. While I do recommend having straightforward limits on media usage, it is also okay to have special occasions where those limits are consciously altered.

Finally, your kids are looking at what you do with your own usage of media. Do you live the values that you expect them to live? Is this a case of do what I say and not what I do? Parents absolutely get to use technology in front of their kids, but it might be helpful to mindfully put away your phone for solid chunks of time. I often recommend that parents try to avoid constantly checking their phones, but instead decide to be on their phone for a certain amount of time. You can be completely transparent to your kids about this separation. "Right now, Mom is checking her email and returning some messages. I will be on the phone for around fifteen minutes, and then I will be available for playing again." your time which you need in order to get work done and engage in the outside

world, while also being respectful that you are able to spend better quality time with your kids when you are not distracted. Right now, you are teaching your children valuable lessons about love and limits as you use technology mindfully and thoughtfully.

Sources: [Common Sense Media](#), [Pediatricians Rethink Screen Time Policy for Children](#), [Wall Street Journal](#), [9 Tips That Helped Me Beat My iPhone Addiction](#), [Huffington Post](#)

The North Seattle College Diversity Committee would like to remind everyone that our co-op communities are open and welcoming to all. We hope that you will continue to teach kindness and respect in our classrooms, model the behaviors you want to see in our world, and live the values you hold in your hearts.

We've included our Vision Statement for review below, created by last year's committee. Our goal is to increase diversity throughout the co-op system, so that everyone that wishes to attend co-op is able, that our children are exposed to many cultures and experiences, and that through that representation they grow to value others different from themselves as equally important.

Please contact us with any ideas you may have on how to make our co-ops a more diverse, welcoming, and safe place, or with any thoughts you may have, via email to: NSCCDiversity@gmail.com

PAC Diversity Committee Vision Statement

North Seattle College Parent Cooperative Preschools value and celebrate diversity in all of its forms and are committed to providing a diverse and inclusive learning environment for all children, adults, and families. We strive to be welcoming and accessible to all families and reflect the diverse community of North Seattle.

We are committed to taking action against practices, attitudes and behaviors that promote discrimination and exclusion of any type or variation. We are committed to ensure to the best of our ability through policies and procedures that our cooperative preschool settings provide an environment of respect, inclusion, tolerance and acceptance of all children, adults, and families.

North Seattle Parent Cooperative Preschools strive to prepare our children for a diverse and multicultural world in which they will be caring, compassionate and productive citizens.

[Support PAC Scholarships when you shop on Amazon.](#)

Click on our Amazon link and a portion of the money will be donated to PAC.

Go to www.coops.northseattle.edu and click on "Shop at Amazon" on the right side toward the bottom of the page.



If you have questions or comments about the North Seattle Co-op website please email coop.webmaster@gmail.com

Donating to PAC

The need for scholarships continues to be high, and the end of the year is a good time to make a tax-deductible donation to the PAC Scholarship Fund. The more funds we raise the more we can support our co-op families. Checks can be mailed to PAC before the end of the year. In the memo line, write "for Scholarship Fund".

NSC Parent Education Program PAC Treasurer
9600 College Way North Seattle, WA 98103



UNDERSTANDING CHILDREN: DISCIPLINE TOOLS AND TECHNIQUES WINTER 2018 ONLINE CLASS

Join a community of online learners

Parents, teachers, early childhood professionals, caregivers & others with children in their lives-infant through young adult.

Learn practical & useful information, discover helpful resources, plus gain new techniques for your work or at home.

What will we explore?

- **Positive Discipline**
- **Emotion Coaching**
- **Global Perspectives**
- **& other emergent topics**

FAM 184 instructors are Beth Goss & Mara Mulcahy

Questions? mara.mulcahy@seattlecolleges.edu

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5 credits

Register now!
Winter quarter
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STARS hours
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Tuition is \$80
(plus a \$35 technology
fee)

FAM 184 item 9353
Title: Understanding
Children

Parent Education Program
North Seattle College
9600 College Way North
Seattle, Washington
98103

<https://northseattle.edu>

Need enrollment help?
206.934.6029

replace with
LOGO

NSC Co-op will be represented with a booth at the preschool fair detailed below. Please provide your PAC rep with advertising info from your co-op that can be handed out at the fair.



North Sound Preschool Preview

Saturday, Jan. 20, 2018

10:00 a.m.-1:00 p.m.

ParentMap Preschool Preview resource fairs create vital in-person connections between parents seeking the best preschools and early learning resources for their child.

[Shoreline Community College](#)

16101 Greenwood Ave. N, Shoreline, WA 98133

Indoor event + free parking!