

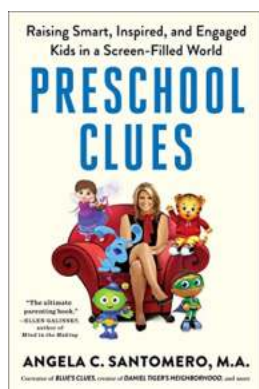
# Raising Smart, Inspired, and Engaged Kids in a Screen-Filled World

In today's digital age, it's become increasingly challenging for parents to raise smart, inspired, and engaged kids. With screens constantly vying for their attention, it's crucial to establish a healthy balance between the virtual and real worlds. This article will provide insights, tips, and strategies to help parents navigate the screen-filled world and ensure their children grow up smart, inspired, and engaged.

## The Impact of Screens on Kids' Development

Before delving into how to raise smart, inspired, and engaged kids, it's important to understand the impact screens can have on their development. Excessive screen time has been linked to a range of issues, including reduced attention span, language delays, decreased physical activity, and disrupted sleep patterns.

However, not all screen time is detrimental. When used consciously and in moderation, screens can serve as valuable educational tools and sources of inspiration. The key lies in finding the right balance and guiding kids to make smart choices in their digital interactions.



## Preschool Clues: Raising Smart, Inspired, and Engaged Kids in a Screen-Filled World

by Angela C. Santomero (Kindle Edition)

★★★★☆ 4.6 out of 5

Language : English

File size : 3643 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled  
Print length : 307 pages



## **Building Smart Habits and Mindset**

To navigate a screen-filled world successfully, it's crucial to establish smart habits and a growth mindset. Here are some practical tips:

### **1. Model healthy screen behavior:**

Kids often mirror their parents' actions. Show them how to use screens responsibly and set clear boundaries for yourself, such as designated screen-free times.

### **2. Encourage offline activities:**

Engage your child in a variety of non-digital activities, such as reading, playing board games, spending time outdoors, or pursuing hobbies. This helps develop their creativity, critical thinking, and social skills.

### **3. Promote media literacy:**

Teach your child to be critical of the media they consume. Encourage discussions about representation, bias, and the purpose behind advertisements, movies, and social media content.

### **4. Foster a growth mindset:**

Help your child develop a growth mindset by praising their effort and resilience rather than focusing solely on outcomes. This mindset encourages curiosity, a love of learning, and the ability to overcome challenges.

## **Cultivating Inspiration and Creativity**

Screen time doesn't inherently stifle inspiration and creativity; it's how it's used that matters. Here's how parents can cultivate these qualities:

### **1. Encourage exploration:**

Support your child's interests and encourage them to explore new topics. Provide them with access to quality educational apps, videos, and websites that nurture their curiosity and expand their knowledge.

### **2. Provide a variety of experiences:**

Expose your child to diverse experiences, such as museums, concerts, nature walks, and cultural events. These real-world experiences can spark inspiration and fuel their creative thinking.

### **3. Foster creative outlets:**

Encourage your child to express themselves through various creative outlets, such as drawing, writing, music, or drama. Providing them with the necessary tools and opportunities helps channel their creativity in a positive way.

### **4. Limit passive consumption:**

Help your child distinguish between active and passive screen time. Encourage them to engage in interactive apps, games, or creative platforms rather than mindlessly scrolling through social media or watching endless videos.

## **Nurturing Engagement and Connection**

Screens often act as barriers to real connection and engagement. Here's how parents can promote meaningful interactions:

### **1. Foster open communication:**

Create an environment where your child feels comfortable discussing their digital experiences, fears, and concerns. This enables you to guide them effectively and address any issues that may arise.

## **2. Promote collaborative activities:**

Encourage your child to collaborate with others on projects or hobbies, both online and offline. This fosters teamwork, communication skills, and the ability to engage meaningfully with peers.

## **3. Set screen time limits:**

Establish clear boundaries for screen time and ensure your child understands and follows them. Consider using parental control software to help manage their usage and keep track of the content they consume.

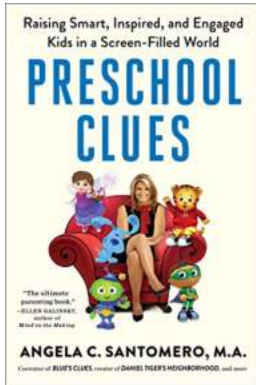
## **4. Engage as a family:**

Make a conscious effort to engage in screen-free activities as a family. This not only strengthens family bonds but also provides opportunities for shared experiences and conversations.

Navigating a screen-filled world can be a daunting task for parents. However, by establishing smart habits, nurturing inspiration and creativity, and promoting meaningful engagement, it's possible to raise smart, inspired, and engaged kids. Remember, the key lies in finding the right balance and guiding your child to make responsible choices in their digital interactions. By doing so, you're setting them up for success in an increasingly digital world.

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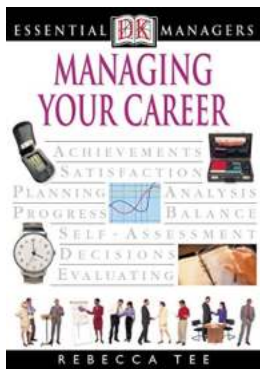
The award-winning creator of Blue’s Clues, Super Why!, and Daniel Tiger’s Neighborhood shares the secret sauce behind her shows’ powerful, transformative results in the form of eleven research-based, foundational “clues” to ensure that preschoolers flourish academically, socially, and emotionally during this critical time.

The preschool years—when children are between the ages of two and five—are the most influential, important years in a child’s life. Studies show that pausing to interact, playing to solve problems, diffusing with humor, and using repetition are the hidden clues conscious parents use to raise successful kids and help them learn critical thinking skills, foster empathy, and nurture their sense of self-worth.

Angela C. Santomero, MA, the award-winning creator of children’s television phenomena knows this better than anyone and has spent decades working to instill confidence in her young viewers. In *Preschool Clues*, she breaks down the philosophy behind her shows—educating, inspiring, and empowering kids—into concrete strategies that parents and educators can incorporate into their family and classroom to set their preschoolers up for success, such as:

- Intentionally pausing to foster bonding, independence, and resilience
- Developing empathy and confidence through soliciting preschoolers' help
- Becoming "fluent" in the language of preschoolers: Play
- Igniting your preschooler's curiosity
- Being an involved co-player everyday
- Designing a healthy media diet

In *Preschool Clues*, Angela shares the latest research from top thinkers in child development and education. Through her practical, straightforward advice and inspiring, conversational approach, you will not only understand exactly what your children are learning from the shows they watch and why these shows are so effective, you'll know exactly how to apply these same proven approaches in your daily life and with the same powerful results.



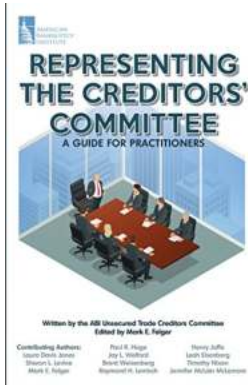
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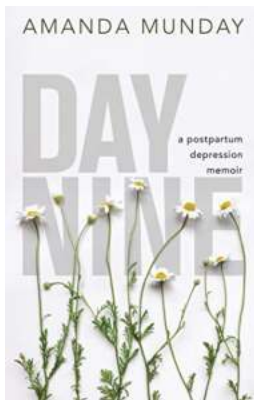
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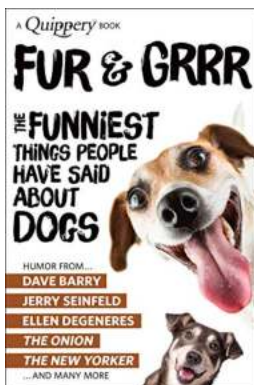
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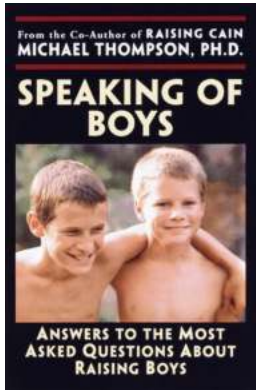
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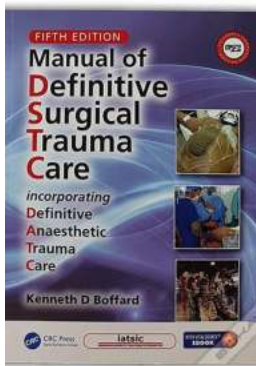
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