

# FIFTEENTH ANNUAL READINESS SUMMIT

## Watch the Screen (Time)!

Carrie Taylor and Jodi Kulka, Greene County Educational Service Center

In early childhood, when the brain is growing rapidly and forming neural connections, experiences profoundly influence brain structure, function, cognitive and emotional development. In this breakout, we will discuss the effects of screen time on children and their developing brains, and participants will learn strategies for working with caregivers, parents and families on reducing screen time. We will share screen time guidelines for children and screen time assessments that can be used in educational, home and pediatric settings.

### Resources

- Sharing Books, Building Brains, [YouTube video](#) from Cincinnati Children's
- [Share this Book](#), by Dr. John Hutton
- [What do we really know about kids and screens?](#) By Stephanie Pappas, American Psychological Association
- [Limit Your Dragon's Screen Time: Help Your Dragon Break His Tech Addiction](#), by Steve Herman
- [Unplugged Ninja: A Children's Book About Screen Time \(Ninja Life Hacks\)](#), by Mary Nihn



**Carrie Taylor**, Early Childhood Mental Health Coordinator, has an undergraduate degree in social work and women's studies and a Master's in degree in Education and Intervention. She has been a preschool teacher, pediatric social worker, ABA therapist and SEL coordinator. Carrie collaborates with local school districts, childcare centers, Early Intervention, Help Me Grow and local Head Start centers to bring awareness and education surrounding early childhood mental health initiatives.



**Jodi Kulka, M.Ed., OCPS**, is a new member of the Infant and Early Childhood Mental Health Consultation team. She brings more than 20 years of experience in education, supervision, grant writing and management and program development. She holds school psychology and administrative specialist licenses from the Ohio Department of Education, as well as an Ohio certified prevention specialist certification. Jodi's background and experience include evaluation, assessment, prevention and intervention with a focus on collaboration and consultation.

