



“plugged in” by Yale University Press

yalebooks.yale.edu/book/9780300218879/plugged

Free download on website. About the impact of media on all ages of children.

American Academy of Pediatrics, Recommendations for Media Use

pediatrics.aappublications.org/content/early/2016/10/19/peds.2016-2591

American Academy of Pediatrics, Family Media Plan

www.healthychildren.org/English/media/Pages/default.aspx

The tool helps families to create a purposeful media plan. The tool allows you to create goals and rules that are in line with your family values.

Common Sense Media

www.commonsensemedia.org/

This website provides useful ratings of many mediums including television, movies, and video games. They rate the media content on several elements that range from sexual to frightening content.



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Older Toddlers
& Preschoolers
(2 - 5 years old)



**Resources and
Recommendations
for Parents**

COGNITIVE DEVELOPMENT FOR THIS AGE GROUP

- They are in the “pre-operational” stage of development
- They are not logical and can’t tie cause to effect (do not know “operations”)
- Everything is possible, the laws of logic do not apply (e.g. they might think they could fly if they tried)
- In real life play they can identify the difference between reality and fantasy, but they are easily swayed. They learn the difference between fantasy and reality around 7 or 8 years old
- Develop vocabulary rapidly (2 years-know 200 hundred words; 6 years-know 10,000 words)



PREFERENCES

- Start to be very interested in stories and ask lots of questions about them
- Like repetition because it is easier to follow the story
- Like stories they can relate to or are similar to their own life
- Loud noises and sudden movements are still interesting

IMPACTS

- Children learn from the media BUT...
- **Learning is not as effective unless a parent is involved**
- Children are interested in stories but they need assistance comprehending
- Because they are in the “pre-operational” stage, they tend to focus on one striking object, product, or person, rather than logical conclusions. Therefore, they pay little attention to what characters are doing and why
- Children understand what is pretend in real-life play because they are in control, but this is not the case with fiction. Media representations seem real until 7 or 8-years-old
- Children don't understand cinematic tricks because they don't understand cause and effect
- Because they are focusing on striking images and don't understand what is real and not real, something scary looking is scary even if it is a “nice” story. For example, the shark in “Finding Nemo” or the chef troll in “Trolls”



RECOMMENDATIONS

- Limit media use to 2 hours/day, including phone applications. Provide easy alternative non-media activities
- Pick media with your family values
- Pre-view media, watch or play media with your child to know content, how they react, and answer questions
- Pick slow-paced, easy to follow programs
- They like repetition so show the same thing and they will notice something new every time because they focus on striking images. They notice more and comprehend the story overtime
- You only need a few options because of their preference for repetition
- If they are using media, parental involvement is important for learning. Be there to answer their questions, they will have a lot of them

EXAMPLE MEDIA APPROPRIATE FOR THIS AGE

- **Mickey Mouse Clubhouse**
A colorful program with popular characters that is slow-paced. There are stories but they are easy to follow and there is no frightening content
- **Caillou**
A slow-paced show with easy to follow storylines. The content is highly relatable to this age group because the character does the things they do (e.g. goes to the dentist, whines)