

# Global Guidance for Navigating Quarantine with Young Children



Dr. Cynthia DiCarlo, Louisiana State University  
Dr. Michelle Fazio Brunson, Northwestern State University  
Dr. Michelle DeMeulenaere, Louisiana Department of Education  
Mrs. Nancy Alexander, M.Ed., Northwestern State University Child and Family Network

*On behalf of the Southern Early Childhood Association*

<https://www.seca.info/>

---

## ***American Academy of Pediatrics Recommendations for Screen Time***

<https://www.aap.org/en-us/about-the-aap/aap-press-room/Pages/American-Academy-of-Pediatrics-Announces-New-Recommendations-for-Childrens-Media-Use.aspx>

- For children younger than 18 months, avoid use of screen media other than video-chatting. Parents of children 18 to 24 months of age who want to introduce digital media should choose high-quality programming, and watch it with their children to help them understand what they are seeing.
- For children ages 2 to 5 years, limit screen use to 1 hour per day of high-quality programs. Parents should co-view media with children to help them understand what they are seeing and apply it to the world around them.
- For children ages 6 and older, place consistent limits on the time spent using media, and the types of media, and make sure media does not take the place of adequate sleep, physical activity and other behaviors essential to health.
- Designate media-free times together, such as dinner or driving, as well as media-free locations at home, such as bedrooms.
- Have ongoing communication about online citizenship and safety, including treating others with respect online and offline.



## ***Sensory Play Activities***

**Silly putty** - <https://eatingrichly.com/homemade-silly-putty-recipe/>

**Homemade playdough** - <https://www.iheartnaptime.net/play-dough-recipe/>

**Homemade paint** - <https://tinkerlab.com/salt-and-flour-paint/>

**Homemade chalk** - <https://www.wikihow.com/Make-Homemade-Chalk>

**Homemade bubbles** – Mix 1 cup Joy, Ivory, Dawn or other high-suds hand dishwashing liquid with 2 tablespoons Karo Syrup and 6-10 cups water. Experiment to see all the items you can use to make bubbles.

