



# Go NAPSACC

## Self-Assessment Instrument

Date: \_\_\_\_\_

Your Name: \_\_\_\_\_

Child Care Program Name: \_\_\_\_\_



## Screen Time

Go NAPSACC is based on a set of best practices that stem from the latest research and guidelines in the field. After completing this assessment, you will be able to see your program's strengths and areas for improvement, and use this information to plan healthy changes.

For this self-assessment, **screen time** includes any time spent watching shows or playing games (including active video games) on a screen. Screens can include televisions; desktop, laptop, or tablet computers; or smart phones. For children 2 years of age and older, screen time does not include teachers using e-books or tablet computers to read children stories, using Smart Boards for interactive instruction, or connecting with families through Skype or other videoconferencing programs.

### Before you begin:

- ✓ Gather staff manuals, parent handbooks, and other documents that state your policies and guidelines about screen time.
- ✓ Recruit the help of key teachers and staff members who are familiar with day-to-day practices.

### As you assess:

- ✓ Answer choices in parentheses ( ) are for half-day programs. Full-day programs should use the answer choices without parentheses.
- ✓ Definitions of key words are marked by asterisks (\*).
- ✓ Answer each question as best you can, thinking about your general practices. If none of the answer choices seem quite right, just pick the closest fit. If a question does not apply to your program, move to the next question.

### Understanding your results:

- ✓ The answer choices in the right-hand column represent the best practice recommendations in this area. To interpret your results, compare your responses to these best practice recommendations. This will show you your strengths and the areas in which your program can improve.



Ward D, Morris E, McWilliams C, Vaughn A, Erinosh T, Mazzucca S, Hanson P, Ammerman A, Neelon S, Sommers J, Ball S. (2014). Go NAP SACC: Nutrition and Physical Activity Self-Assessment for Child Care, 2nd Edition. Center for Health Promotion and Disease Prevention and Department of Nutrition, University of North Carolina at Chapel Hill. Available at: [www.gonapsacc.org](http://www.gonapsacc.org).

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## Availability

**1. Televisions are located:**

- In every classroom       In some classrooms       Stored outside of classrooms but regularly available to children       No televisions; or, televisions stored outside of classrooms and not regularly available to children

**2. For children 2 years of age and older, the amount of screen time\* allowed in our program each week is:**

- 90 minutes or more (Half-day: 45 minutes or more)       60–89 minutes (Half-day: 30–44 minutes)       30–59 minutes (Half-day: 15–29 minutes)       Less than 30 minutes or no screen time is allowed (Half-day: Less than 15 minutes or no screen time is allowed)

\* For children 2 years of age and older, screen time does not include teachers using e-books or tablet computers to read children stories, using Smart Boards for interactive instruction, or connecting with families through Skype or other videoconferencing programs.

**3. For children under 2 years of age, the amount of screen time\* allowed in our program each week is:**

- 60 minutes or more       30–59 minutes       1–29 minutes       No screen time is allowed

\* For children under 2 years of age, screen time includes any time spent watching shows or playing games (including active video games) on a screen. Screens can include televisions; desktop, laptop, or tablet computers; or smart phones.

**4. When television or videos are shown to children, this programming is educational and commercial free:\***

- Rarely or never       Sometimes       Often       Always

\* Educational and commercial-free shows and videos are developmentally appropriate, support children's learning goals, and do not contain advertising.

**5. When screen time is offered, children are given the opportunity to do an alternative activity:**

- Rarely or never       Sometimes       Often       Always

## Teacher Practices

**6. Screen time is used as a reward:**

- Every day       1–4 times per week       1–3 times per month       Rarely or never

**7. When screen time is offered, teachers talk with children about what they are seeing and learning:**

- Rarely or never       Sometimes       Often       Always



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## Education & Professional Development

### 8. Teachers and staff receive professional development\* on screen time:

- Never                       Less than 1 time per year                       1 time per year                       2 times per year or more

\* Professional development can include taking in-person or online training for contact hours or continuing education credits. It can also include information presented at staff meetings.

### 9. Professional development for current staff on screen time has included the following topics:

See list and mark response below.

- Recommended amounts of screen time for young children
- Appropriate types of programming for young children
- Appropriate supervision and use of screen time in the classroom
- Communicating with families about healthy screen time habits
- Our program's policies on screen time

- None                       1–2 topics                       3–4 topics                       5 topics

### 10. Families are offered education\* on screen time:

- Never                       Less than 1 time per year                       1 time per year                       2 times per year or more

\* Education can be offered through in-person educational sessions, brochures, tip sheets, or your program's newsletter, website, or bulletin boards.

### 11. Education for families on screen time includes the following topics:

See list and mark response below.

- Recommended amounts of screen time for young children
- Appropriate types of programming for young children
- Appropriate supervision and use of screen time by caregivers
- Our program's policies on screen time

- None                       1 topic                       2–3 topics                       4 topics

## Policy

### 12. Our written policy\* on screen time includes the following topics:

See list and mark response below.

- Amount of screen time allowed
- Types of programming allowed
- Appropriate supervision and use of screen time in classrooms
- Not using screen time as a reward or to manage challenging behaviors
- Professional development on screen time
- Education for families on screen time

- No written policy or policy does not include these topics                       1–2 topics                       3–4 topics                       5–6 topics

\* A written policy can include any written guidelines about your program's operations or expectations for teachers, staff, children, and families. Policies can be included in parent handbooks, staff manuals, and other documents.





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