

# Strategies in Addressing State Screen Time Policies in Early Care and Education Centers in Louisiana

Television Children Childcare Toddler Policy

Read the published, peer-reviewed paper here: <https://pubmed.ncbi.nlm.nih.gov/36939439/>

## Citation

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## What is the purpose of the study?

This study examines how early childcare centers respond to and enact their statewide licensure requirements regarding screen time use for their students.



## General Summary

Young kids with overweight are more likely to continue living with overweight as they grow older. Not getting enough activity and spending too much time in front of screens is not healthy for child development. Rather, kids need a good balance of playing, resting, and sleeping to grow healthy. In 2019, the World Health Organization gave recommendations on screen time for kids, but many American kids still spend too much time on screens. How can we help them watch less?

We can start with where young kids spend most of their days: early childcare centers. Before 2015, Louisiana didn't have rules about screen time in childcare. But in 2015, they made new rules: no screens for kids under 2 and only 2 hours a day for older kids. We wanted to know if childcare centers followed these new rules, so we talked to 12 childcare directors in Louisiana. Most said they made changes to reduce screen time in their early childcare centers.



## Who was involved?

We talked to

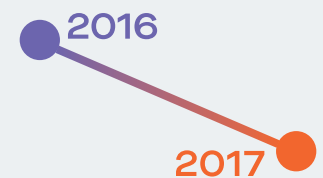


### 12 directors of childcare centers

in Louisiana after the new rules were made.

## When did the study take place?

Directors of Louisiana early childcare education centers were recruited between the fall of 2016 and spring 2017 to participate in interviews related to their views and their centers' implementation of the recent state screen time policies.



## How did we get the results and findings?

We interviewed 12 childcare directors in Louisiana. We recorded what they said about the new rules and how they use screens in their centers. We looked for patterns in what they said.



## Why is this research important to patients, clinicians, and other researchers?



This study shows we can work together—childcare centers, researchers, and the state can partner together as we all have the same goal: healthy kids!

### What were participants asked to do during the study?

Our research team interviewed 12 childcare directors in Louisiana. We asked them what they thought “screen time” meant, then moved into discussing their current screen time policies for babies and older kids. The interviews took about an hour and were recorded.



### What was unique about this study? How were participants given a voice in research?

This study helped establish relationships between researchers and childcare centers. This partnership provides the opportunity to continue our work for improving the health of all children.

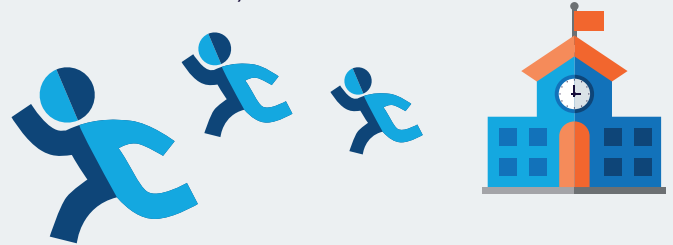
### Were there any limitations to the study?

Our sample was relatively small (n=12 directors) and only located in Louisiana. The policy changes at the state level here in Louisiana may not work the same in other states, so we cannot compare these preschool centers to those in other states.

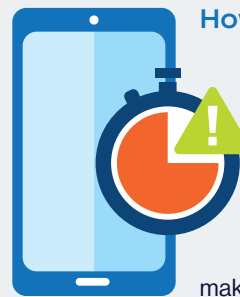


### What did we learn?

Most directors said they made changes, like removing screens from classrooms, and limiting children and staff access to devices. They also kept a watchful eye on how much time everyone spent on screens each day (this means for both teachers and students).



### How will the results help children, parents, and those who care for them?



First, we need to let parents and teachers know that kids are spending too much time with screens. Then, we can help childcare centers by giving them training and other support to make the changes needed in their centers.

### What's next?

Some next steps for future research could include helping parents make changes at home. Both teachers and parents want healthy kids, so having them work together could make a big difference.



### Educating teachers in these practices AND partnering with parents may create a powerful partnership.

Groups like the American Academy of Pediatrics has standards and guidelines for screen time. A larger view of policies and screen time from different states could be explored next.

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