Today’s piece was prepared by Tiffany Borbón based on a CNN article [How to engage preschoolers on Zoom when social bonding is more important than ever](https://www.cnn.com/2020/06/10/health/preschoolers-online-zoom-video-wellness/index.html)

The author shares her experiences trying to engage her 3-year-old via Zoom during the COVID-19 pandemic in order to convey information and ideas to other parents and caregivers of young children on how to utilize video chatting as a means of socialization and language learning in preschoolers. The article quickly and accurately acknowledges that while significant screen time is generally not recommended as beneficial to a child’s early development, the American Academy of Pediatrics ([AAP](https://pediatrics.aappublications.org/content/138/5/e20162591)) does consider interactive video chat to be a useful tool to help children socialize with others and increase their vocabulary. Two experts in the fields of child psychology and media and child health were interviewed and provided insights into children’s attention spans and the benefits of interacting with already familiar people online. The author then provides examples of how her child’s teachers and grandparents have managed to make Zoom visits more fruitful and enjoyable for everyone involved.

Overall, while this article does not go into depth in terms of the scientific data regarding screen time, video chats, and a child’s development, it does clue readers into a few resources regarding this topic, including guidance from the AAP, The Center on Media and Child Health, and the book How Toddlers Thrive by Tovah Klein. It also provides practical tips for families and teachers on how to best utilize video chatting as a way to maintain their children’s relationships with friends, teachers, and relatives during this time of social distancing.

**RESOURCES ON MEDIA USE AND CHILDREN:**

[Media Education: What Parents Can Do](https://www.healthychildren.org/English/family-life/Media/Pages/default.aspx) *Healthy Children, by the AAP*

[Screen Smart Guidelines](https://depts.washington.edu/dbpeds/Screen-Smart-Guidelines%20(KimberlyYoung2015).pdf): *Kimberly Young, PhD, psychologist and expert on internet and screen addiction*

And that’s today’s Developmental & Behavioral Pediatrics: IN THE NEWS!