



CASA

Court Appointed Special Advocates
FOR CHILDREN



September 2023 Newsletter

Adams, Brown, Cass, Hancock, Morgan, Pike, Schuyler

Friendly Reminder's!

*End of the year will be here before we know it. Please ensure you get your 12 hours of continuing education completed.

*Mandated Reporter training is due every 3 years. If your coordinator has reached out, please complete the training before the end of 2023.

*Good news! Background rechecks are now every 5 years instead of 2 years. Your coordinator will let you know when it is time for your recheck.



Our office will be closed September 4, 2023, in honor of Labor Day.

Help Us Welcome

Amber Range to our agency!
She is the new Morgan County CASA Coordinator.
Email: arange@advonet.org
Phone: 217-248-7197

Birthdays!



3- Lori Marquart
6- Kristi Sanderson
7- Lori Waddell
9- Julie Ferguson
12- Rick Halter
23- Vickey Hoenes

Enjoy your day!

Adams, Pike, Brown, Cass, Schyler Counties

Topic: Child Advocacy Center Forensic Interviews

When: September 14th, 2023

Time: 12:00pm

Location: 1420 Harrison Quincy, IL 62301 and Zoom

Link for Zoom:

<https://us02web.zoom.us/j/83666096271>

Please note location change

September

Webinar- Toddlers and Technology

Here's the link:

[Toddlers and Technology The Tablet Baby Generation - YouTube](#)

Hancock County

Topic: How to Use Optima

When: September 14, 2023

Time: 4:30pm

Location: Hancock CASA Office

Morgan County

Topic: Hobby Horse

When: September 28th, 2023

Time: 12:00pm

Location: 314 S. Main St Jacksonville, IL

Please note location change

7 Simple Guidelines for Young Children and New Media

1. Model healthy screen use

The best way to help a child develop healthy habits around technology use is to demonstrate them yourself. You may find your own relationship with your smartphone is a little more complicated than you thought—but showing healthy boundaries around when and where you use technology will go a long way in helping a child integrate those behaviors -throughout their life.

2. Be an active participant in your child's screen time

Toddlers are constantly learning and observing. Particularly around linguistic and social learning, it is critical that young children have the opportunity to interact with adults. While parking a young child in front of a screen has been shown to limit development, interacting with a child while they take in some form of media can help them learn and develop. Do your best to make the time spent on a device quality time—ask questions, lead the conversation and enrich the experience whenever possible.

3. Do your best to follow recommended time limits

In 2016, AAP developed evidence-based recommendations for children's media use. Most notably, the AAP strongly recommends that children under 18 months only use screen media for video chatting and children 2-5 years should limit screen use to 1 hour per day with an adult caregiver to help them interpret and understand what they are viewing. Like with a lot of guilty pleasures, moderation is key. Will there be days where you're outside of that range? Almost definitely—but the key is to make that the exception, not the standard.

4. Be skeptical of "educational" apps

App stores have a fairly broad definition of what they label as educational, and many of these "educational" apps have no demonstrated educational value. Take the time to vet any apps your child may use. Does this app actually reinforce foundational child development needs like refining motor skills, developing vocabulary or how to process feelings and emotions? Or is it merely offering a brightly colored stimulus reward for pressing a button?

5. Create intentionally tech-free times and spaces

Make meals or driving media-free times. Provide areas in the home where technology is not allowed. This will give young children grounding spaces in the three dimensional, "real" world to balance the stimulation and engagement of technology with their other sensory-based learning and play. This doesn't have to feel like a punishment, either. You can make the "play" room a device free area that's still full of fun toys and activities that are developmentally appropriate.

6. Be aware of the potential to confuse and overstimulate your toddler

Often things that are made for children are packed to the brim with over-the-top stimuli that really don't *need* to be there. For instance, e-books can be a wonderful way of reading with young children. However, many e-books may also come with additional programming that has been shown to confuse or distract toddlers and limit the positive impact of reading with young children. Treat e-books like regular books and keep in mind that more stimulation is not always better when it comes to enriching your child's environment.

7. Create a family media plan

The AAP has developed an [online tool](#) to help your family create a family media plan. Taking the time to intentionally create guidelines around technology use at home can help you build a more mindful relationship to your own media use as well as limit conflict around media use down the line. The family media plan includes creating screen-free times, balancing online and off-line time and planning for safety and good digital citizenship. The AAP has developed this tool from extensive research and has links to more information on the ideas behind the family media plan if you are interested in learning more.