



RAINBOW HEARTS PRESCHOOL

Plot No. 61 R.M.S colony ,Behind police line takli Nagpur



Salient Features :

- Ample play space
- Environment That Is Comfortable & Child-Friendly
- Ideal Student-teacher ratio
- Real-Time Education
- Exemplary safety standards
- CCTV s for surveillance and safety reasons
- Exemplary infrastructure
- Curriculum based on New Education Policy

OUR SPECIAL FEATURE

NST [No Screen Teaching]

- To enable them to interact with their environment and engage all five senses in learning
- To avoid too much time onscreen which result in various disorders including sleep disruptions, increased obesity, poor academic performance, and other challenges
- Teachers can easily interact with students one-on-one, especially in a Montessori setting which is already arranged to invite focused, individualized studies.
- Children blossom through positive, encouraging interactions with friends.
- Better communication and support .

- Everything is for the eye these days – TV, Life, Look, the movies. Nothing is just for the mind. The next generation will have eyeballs as big as cantaloupes and no brain at all.” Fred Allen

- “इनदिनोंसबकुछआंखोंकेलिएहै - टीवी, लाइफ, लुक, फिल्में।कुछभीसिर्फदिमागकेलिएनहींहै।अगलीपीढ़ीकेपासखरबूजेजितनेबड़ेनेत्रगोलकहोंगेऔरदिमागबिल्कुलनहींहोगा”--- फ्रेडएलन

KIDS & SCREEN TIME



HERE'S THE FACTS

Everyday, on average, 8- to 18-year-olds spend:

4 hours watching TV, videos, DVDs and pre-recorded shows.

1 hour on the computer

50 minutes playing video games

Media in the bedroom:

66% of young people have a TV in their bedroom;

50% have a video game player

33% have a computer in their bedroom

Effects of too much screen time:

- Reduced attachment between parent and child
- Impeded social interactions
- Sleep deprivation
- Obesity
- Vision problems
- Aggression



Parental rules:

- About **half** of all 8- to 18-year olds say their families have **no rules** about TV watching
- **46%** said they do have rules, but only **20%** said the rules are enforced "most" of the time.
- Youth with **TV rules** that are enforced most of the time report **2 hours less** daily media exposure than in homes without rules enforced.

Sources: American Academy of Pediatrics & Kaiser Family Foundation



TIME FOR A CHANGE

What can parents do?

The American Academy of Pediatrics released new recommendations for children's screen time (time spent using digital media for entertainment purposes). Here's what they recommend:

- **18 months** and younger: No screen time
- **2 to 5** years old: One hour per day
- **6 years old** and older: Limit screen time

What else can help?

- 1 Ensure kids have one hour of physical activity each day
- 2 Limit kids' screen time to no more than 1-2 hours per day
- 3 Remove TV sets from your child's bedroom
- 4 Encourage other types of fun that include physical & social activities