



Educational Screen Time

Introduction

In the age of technology, screens have become a part of adults and children’s lives. While excessive screen time for young children has received much criticism, recent studies are beginning to show how that screen time is utilized in a child’s cognitive development. Since 2020, Researchers found that educational screen time provides the most benefit, showing positive effects on children’s persistence and educational outcomes while also having no significant impact on health. Interactive screen time, which includes time spent playing video games, showed positive educational outcomes but was associated with poorer health.

AWE Learning’s mission is to inspire an enthusiasm for learning by supporting school readiness and literacy in the community. AWE Learning has more than 25 years of experience providing early childhood literacy resources to public libraries and other community organizations. AWE Learning is **Kid-Safe Certified** and promotes reasoning and strategic thinking through creative play with Award-Winning Educational content, such as “Geometry Shapes”, “Graphing Puzzle” and “Kids Learn to Sort”.



Problem

A longitudinal study published in 2020 looked at cognitive and emotional functioning in children over time, between age 4 and 8, measured against their daily screen time. The study found excessive screen time led to “emotional dysregulation and negatively affected mathematics and literacy in school-age students.” This has led to an increase in parents, teachers, librarians and more to discourage children from using screens in any capacity, preventing opportunities to utilize digitalized educational content.

Solution

The solution to that issue might be simpler than expected. There are numerous ways to utilize a child’s screen time into a positive, educational experience. Several studies have shown that students understand concepts more thoroughly by actively engaging in the learning process. One of the best ways to do that is through applying game-based learning—i.e. using games as learning tools. Under a game-based learning framework, students master the subjects they are taught, and they have fun doing it, too.

Several proven benefits of game-based learning include:

1. Make the learning process more fun and enjoyable
2. Promote active learning and critical thinking
3. Encourage true understanding and mastery of subjects
4. Help students learn more quickly
5. Help students retain what they’ve learned
6. Give immediate feedback on mistakes and explain how to correct them
7. Are more effective for neurodivergent students
8. Increase average grades and passing rates

Julianna Miner, mom of three and author of “*Raising a Screen-Smart Kid: Embrace the Good and Avoid the Bad in the Digital Age*” states “If you think about screen time the way you think about nutrition, there's like digital broccoli and digital ice cream.”

Per the Oxford Academic: “Some evidence suggests that interactive media, specifically applications that involve contingent responses from an adult (i.e. timely reactions to what a child says or does), can help children learn. This responsiveness, when coupled with age-appropriate content, timing, and intensity of action, can teach new words to 24-month-olds. There is evidence too that interactive ‘learn-to-read’ apps and e-books can build early literacy by providing practice with letters, phonics, word recognition, and story comprehension. One recent study has suggested that tablet training with an educational

game app can foster sustained attention in children 3 to 4 years old. However, while screens may help with learning when quality content is co-viewed, preschoolers learn expressive language and vocabulary *best* from live, direct, and dynamic interactions with caring adults.”

As an early marker of developmental risk, language delay in preschoolers is a closely studied correlation of screen time. One recent meta-analysis clearly associated greater quantity of screen use and exposure (including background TV) during infancy with lower language skills at 3 to 4 years of age.

AWE Learning’s solution is a collaborative effort with certified publishers who specialize in creating engaging, educational content for kids. A popular choice for young learners on AWE Learning solutions is content from Robogarden, a 2023 ASTech Award Finalist and multi award-winning publisher that specializes in interactive, play-based learning that helps young children sharpen their coding skills, as well as develop their STEM skills.



AWE Learning Award Winning Content

- Award winning content partnered with “Gold Standard” software brand
- The Association of Educational Publishers Distinguished Achievement Award- Grades K-5 for “BRAINTastic! Reading Success” -**Ed Alive**

- The National Parenting Center's Seal of Approval for “Multiplication Rap” - **Rock N Learn**
- The National Parenting Center's Seal of Approval for “Division Rap” - **Rock N Learn**
- Apple App Store – Kids Education Games for “PopMath” - **AppBlit**
- Creative Child Magazine - Preferred Choice Award for “Writing Strategies” - **Rock N Learn**
- Wired magazine – Kids Choice for “Pop Geo” - **AppBlit**
- Children’s Technology Review Editor’s Choice Awards for “Writing Wizard” and “Word Wizard” - **L’Escapadou**
- Google Indie Games Showcase 2019 Finalist, Best Polish Mobile Game of the Year, MomoCon Best Indie Award for “Hexologic” - **Mythic Owl**
- Parenting Hero Award for “Divido” - **Mythic Owl**

Conclusion

Educational Screen time has numerous, proven benefits to enhance the learning experience for young children!

The American Library Association revealed that 67% of public libraries are the only source providing free internet access and computers to their respective communities. With AWE Learning’s expertise and proven track record in delivering Award-Winning educational content to young learners Ages 2-12, AWE’s dedication to bringing the fun and joys of learning outside of the classroom and into public libraries and households remain the same!

Testimonials

“This system adds value to the children’s program. Children today are growing up with technology all around them, and the more we can implement a technological aspect to a child’s learning, the more they’re going to respond to it.”

John Kelley
Executive Director,
Phoenixville Library

“We have had two of these amazing computers for six years now, and if you want the highest quality computer games for young children AND the freedom for kids to enjoy them on their own (without staff restarting, troubleshooting, unplugging, and all the other issues that can come with game computers) then you may want to consider investing in an AWE computer!”

Cindy Christin

Supervisor, Children's Services,
Bozeman Public Library

“The AWE workstations help preschool students prepare for success in school and beyond. Our teachers appreciate the engaging content that supports early literacy and STEAM concepts.”

Lynn Newkirk

Owner,
The Goddard School (West Carmel, IN)

Contact AWE Learning today to find out how our Early Literacy Solutions can benefit your young learners!

AWE Learning

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References

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[Coding Games from Beginner to Professional Level | RoboGarden](#)

[Top Five Educational Screen Time Benefits](#)