



### *From the Desk of the Supervisor*

The World Health Organization has released new guidelines on screen time, physical activity and sleep in children under five.

Once again, new kids' screen time recommendations have been released—and this time, the message to parents is that you might want to think twice before watching the latest [baby shark](#) video with your littlest one.

New guidelines from the [World Health Organization](#) (WHO) recommend absolutely no screen time for children under one. This includes watching videos or TV and playing on the phone or computer. Rather, the research emphasizes the importance of [educational interactions](#), like reading and storytelling, during leisure time with small children.

As for kids between the ages of two and five, the study encourages capping sedentary [screen time](#) at an hour a day—though even less is better.

By following these guidelines, WHO says caregivers will contribute to early childhood development and early learning opportunities, taking advantage of the greatest physical and cognitive growth stage (under the age of five) and teaching healthy lifelong habits. Along with screen-time recommendations, the guidelines also offer advice around physical activity and sleep. "Physical inactivity has been identified as a leading risk factor for global mortality and a contributor to the rise in [overweight and obesity](#)," says WHO. "Early childhood is a period of rapid physical and cognitive development and a time during which a child's habits are formed and family lifestyle habits are open to changes and adaptations."

From: [www.todaysparent.com/kidshealth](http://www.todaysparent.com/kidshealth)

### 6 FACTS ABOUT LAUGHING

1-Humans laughed before they could speak

2-It raises your heart rate and blood pressure

3-The science of laughing and its effects on the body is called GELOTOGY

4-It fights stress: your brain releases endorphins

5-It causes the release of the HGH hormone, which boosts your immune system

6-It's a form of bonding between a parent and a child

*Relaxing is the secret to a stronger memory*

This from researchers reporting in the journal, Nature: Scientific Reports. In a small study, volunteers viewed photographs, then were asked to recall details of the photo 10 minutes later. The finding: Subjects who rested quietly during the break performed 31% better on the memory test than those who spent the ten minutes focusing on an unrelated task. The authors say rest helps the brain with memories.

### Board and Staff News

The Board of Directors will meet May 8<sup>th</sup> at 6:00 at our Eatonville location. Please let Michelle know if you would like to attend



#### **Please do not**

- sit children on shelves in the hallways
- let your child push the wheelchair buttons
- bring outside food or nuts in any form into the building

### Special Dates

5- Cinco de Mayo

6- Ramadan begins

12- Mother's Day

20-Victoria Day

**CENTRE CLOSED**



**It is important that we can connect with you, especially in the event of an emergency! Please notify the centre if any of your contact information (email or phone) has changed.**