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# CITISCOOP

THE INSIDERS GUIDE FOR MODERN PARENTS \*

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## Education:

### Class Tips by Age

By CZ Zuckerman, Children's  
Programming, [Citibabes](#)

With Citibabes' winter-spring semester just beginning, it is helpful to keep in mind some basic tips on how to get the most out of your child's classes:

- 3-11 months: Your little one is ready for new sights and sounds that are not overwhelming. Begin with a gentle but fun introduction to music and/ or movement.
- 12-18 months: Now your child is starting to walk and parallel play with other children. Add a class with a typical preschool format: circle time, music, art, and snack - a format that gets little muscles and minds working together.
- 18-24 months: Toddlers thrive with repetition and activities that encourage socialization. Art classes with messy, fun projects work well. Gym or movement classes help coordination, cooperation, and expend lots of energy.
- 2-3 year-olds: Preschool alternatives for young 2s are popular versions of preschool with shorter hours and often gentler separation policies. Advanced enrichment classes are also perfect, such as cooking, art, science, or dance.
- 3-4 year-olds: Now that you child is in a preschool program, don't forget to supplement his day with classes that compliment his interests or try new activities such as a specific sport, specialized art class, or even a drama or computer class.
- 5-10 year-olds: The school aged child is busy with school activities but still needs to pursue their special interests and avocations. Depending upon his interest, think about including study of a musical instrument, chess, or a foreign language.

Nothing is more important than your child's education and Citibabes is here for your family, every step of the way. For more information on all of Citibabes' educational offerings, visit [Citibabes](#).

## Home:

### Age Appropriate Media

By Liz Perle, Editor in Chief,  
[Common Sense Media](#)

Media is fun and we all love it, but not all media is right for all ages. Remember that once your children start watching movies, TV, or start playing online, they are learning life-long habits.

Here is a quick guide for age-appropriate media use:

- 0-12 months: Babies learn from interaction. Play music, read books, but don't be seduced by infant genius DVDs. Promises of brain building are unproven.
- 12-24 months: The American Academy of Pediatrics recommends no screen time for children under 2. Instead, music and books stimulate the senses, help coordination and build vocabulary.
- 3-4 years: Check out reviews of commercial-free TV shows and DVDs and pick age-appropriate offerings. Don't let kids watch more than 1-2 hours a day. Use a DVR to eliminate exposure to ads. Some point and click computer games are okay, but nothing online.
- 5-6 years: Check reviews for age appropriate DVDs, TV, and movie content. Some kids like to play video games. Make sure they are rated E. And keep your kids offline - they are too young to "socialize" in a Club Penguin or Webkinz world.

There is nothing more important than spending time with your children and encouraging creative play.

Don't underestimate the power of simple games like blocks, crayons, and paper. Inspire kids to create and explore the world around them! They'll learn more than you can imagine.



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