

Apps for learning together

The app market is full of shiny new things. The following list provides suggestions of apps with educational value that are available in English and Spanish.

Kids 18 months to 5 years old



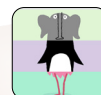
Breathe, Think, Do
[In the App Store](#)
[In Google Play](#)
Help a monster friend calm down and solve challenges in this bilingual app.



Encantos
[In the App Store](#)
[In Google Play](#)
Stories engage and inspire kids to be curious and creative.



Endless Spanish
[In the App Store](#)
[In Google Play](#)
Kids review new words in context.



Mixel
[In the App Store](#)
Kids build monsters one syllable at a time.

Kids 4 to 8 years old



Kahoot! Numbers by DragonBox
[In the App Store](#)
[In Google Play](#)
Kids practice math with puzzles.



Scratch Jr.
[In the App Store](#)
[In Google Play](#)
Young children can learn the basics of coding through play.



Parents Play and Learn
[In the App Store](#)
[In Google Play](#)
Parents and kids learn everyday math and literacy together.

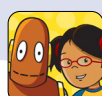


TodoMath
[In the App Store](#)
[In Google Play](#)
Kids solve patterns, sequences, and operations.

Kids 4 to 11 years old (advanced)



Bedtime Math
[In the App Store](#)
[In Google Play](#)
Families read math problems that look like bedtime stories.



BrainPOP Jr.*
[In the App Store](#)
BrainPOP publishes cartoons and exercises with lessons in science, health, environment, math, and more. Their Spanish site, esp.brainpop.com, has resources for kids ages 8+.

* The app is only available in English but their website includes Spanish content.



It's ideal to enjoy digital playtime together, but parents are busy too! Don't feel guilty about letting your child enjoy some time with a device. Just make sure you're comfortable with what they're playing with or watching.

Thank you!

AP-0D

Is an evidence-based parent leadership and advocacy curriculum that helps parents with children ages 0-5 build confidence and connectedness to their child, other parents, and their community.

Additional Resources

Colorín Colorado

Offers tips, books, activities, and educational resources for bilingual families.

Common Sense Media

Is dedicated to improving the lives of kids and families by providing trustworthy information and education.

Vroom

Facilitates ways to integrate lessons into families' everyday routines, including through their own app in English or Spanish.

Brought to you by:

Joan Ganz Cooney Center at Sesame Workshop
Advancing positive futures for children in the digital age

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SESAME WORKSHOP

Joan Ganz Cooney Center

Family Time With Apps

A Guide to Using Apps with Your Kids



Parents are children's earliest role models. When we use technology in a respectful and fun way, we teach our families important lessons.

Technology is everywhere. As family leaders, parents can transform technology into an ally to support their children's development.



How much tech is too much?

What matters most is sharing it, not how long you use it for.

Instead of focusing on schedules, the *American Academy of Pediatrics* (AAP) recommends using technology responsibly as a family. Parents play a key role reading and playing with their children as they use their screens, regardless of the time.

Visit *Healthy Children* [bit.ly/createyourmediaplan] to create a media plan based on your family's needs.

There's too much to choose from. Where do I start?

Step 1. Identify your child's needs

Which skills must they practice? What are their favorite or least favorite subject matters? What are their favorite games, characters or activities?

Step 2. Go searching in the right place

Android: In Google Play, select Family and activate the Education category.
iPhone: In the App Store, many apps for kids can be found in the Games and Education sections.

Step 3. Read app reviews before downloading any apps

Not everything with an "educational" label has been tested. When you find an app that you're interested in, read the app reviews from *Common Sense Media* to learn more about the app's content and potential in-app purchases before you download.

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How can we put these tips to practice?

Experts suggest we consider the app's **Content**, the **Context** in which we use it, and our **Child** when selecting and downloading apps. The following activities illustrate ways to accomplish these **three Cs** while using screens with kids two years and older.

Play games together



Benefit: Playing games together helps kids describe the goals, rules and challenges of the game. Knowing the parts of a game allows them to make better decisions.

Content: Find games that review educational concepts, from soccer and memory to math and science.

Context: Pair your app with a similar physical activity, like playing soccer, finding patterns or creating a recipe.

Child: Find and download your child's favorite board game in their screen.

Read together every day



Benefit: Reading together for 15 minutes every day helps create a love of reading. Apps can help you achieve those fifteen minutes anywhere, anytime.

Content: Find "simple" e-books (illustrated but with fewer animations). Animated e-books can be distracting.

Context: Pause often to talk about what happens in the book and how it connects to your life.

Child: If your child likes to read stories, record your own versions of the book using video or audio apps.

How can we use technology as an ally?

- **Promote growth.** Review what your kids learn at school to help them think creatively about their classes, develop self-control and awaken their curiosity.
- **Communicate.** Use apps as a starting point for other conversations to help them develop language skills and express their feelings.
- **Connect experiences.** Use apps to reduce distance between people, places and experiences. Sharing traditions helps our kids feel more confident.



Many free apps have in-app purchases or ads that are inappropriate for young children. Don't be afraid to invest in quality apps. It may be worth spending \$4.99 on quality apps rather than downloading many more poor quality apps.



Cousins, siblings, aunts, uncles, and grandparents can also be good partners. If you're too busy to engage, encourage them to do these activities together.

Prepare them for new experiences



Benefit: Some apps can help you talk through difficult topics, like the first day of school or haircut.

Content: Find friendly apps located in potentially scary settings, like the dentist or stylist.

Context: Sit with your child as he or she uses their app to show your love and support.

Child: If your child enjoys taking pictures, find apps that allow them to create profiles or use their photos.

Connect with distant family



Benefit: Videochat helps us connect with loved ones who live far away. *FaceTime*, *Messenger Kids*, or *WhatsApp* can help strengthen relationships between visits.

Content: Find apps to play or create things together from afar, like *Words With Friends*.

Context: Create an environment where everybody feels comfortable speaking in English and/or Spanish.

Child: Encourage your child to share personal accomplishments in your calls, like crafts or drawings.

Fold here.

How can you determine the value of an app?

Good apps allow your child to learn and grow.

- ☐ Does it encourage my child to explore and deepen their interests?
- ☐ Does it help them engage in creative play?
- ☐ Does it encourage my child to be active?

Good apps facilitate communication.

- ☐ Does it provide opportunities to talk?
- ☐ Does it offer ways to create together?
- ☐ Does it help the family have fun together?

Good apps connect experiences.

- ☐ Does it bridge activities across spaces (like home and school)?
- ☐ Does it prepare us for new experiences?
- ☐ Does it connect us to distant friends and family?