

Quality Care For Kids Newsletter

July 2026 | Screen and Car Safety

Written by Heidi Hotvedt, RN, BSN, Healthy Child Care Iowa Program Coordinator

U.S. Surgeon General's Warning on the Harms of Screen Use

Screen use has become a public health concern. Children are surrounded by screens from infancy, and by adolescence many spend more time on screens than sleeping or attending school. Early and excessive screen use is linked to developmental delays, poor language skills, lower academic performance, unhealthy habits and sleep problems. To help reduce the harmful impact of screen use, caregivers, parents and communities should follow "The 5 Ds" of healthy screen use in children.

The 5 Ds" of healthy screen use in children

Discuss: Set expectations for all household members for healthy screen use.

Do: Model healthy screen use behaviors and use screens together when possible.

Delay: Delay screen exposure as long as possible. Set age-appropriate limits based on recommended guidelines.

Divert: Offer non-screen activities, including physical activity opportunities so screen use is not the default.

Disconnect: Build regular screen-free times in everyone's day and avoid multitasking with screens during activities.



Download the advisory and toolkit
hhs.gov/surgeongeneral/reports-and-publications/screen-use-harms/index.html

Everyone Can Help Prevent Hot Car Deaths – Stop. Look. Lock!

1. Never leave a child in a vehicle unattended for any length of time.
2. Make it a habit to check your entire vehicle, especially the back seat, before locking the doors and walking away.
3. Ask your child care provider to call if your child doesn't show up for care as expected.
4. Place a personal item like a purse in the back seat, as another reminder to look before you lock.
5. Store car keys and fobs out of a child's reach and teach children that a vehicle is not a play area.



National Highway Traffic Safety
Administration website
nhtsa.gov/campaign/heatstroke



Stop. Look. Lock! video
youtube.com/watch?v=Uh8CE-pWaGg



Scan the QR code to find your local CCNC or
visit online at
<https://hhs.iowa.gov/programs/programs-and-services/child-care/hcci>



Health and
Human Services

CCNC (Scott):
Jessica Redden, RN
Scott County Health Department
P. 563.326.8618 ext. 8821
E. jessica.redden@scottcountyiowa.gov

CCNC (Cedar, Clinton, Jackson):
Lorna Bimm, RN
Scott County Health Department
P. 563.326.8618 ext. 8827
E. lorna.bimm@scottcountyiowa.gov