

Real Estate for Rent

Professional Psychotherapy Office in Great Neck Beautiful space, furn., bright & sunny view, spacious waiting rm., soundproof walls, valet pkg. for patients, garage space for tenant, 2 blks. from LIRR & town ctr., P/T or F/T.
Call: 516-984-1754 153570 C

Real Estate for Sale

ADIRONDACK LAKEFRONT! 131 ACRES- 1/2 MILE OF WATERFRONT - \$299,900 Pure, clean lake teeming with fish and wildlife! Mature woods with trails, trophy deer and valuable timber! 40 Mins from Albany!
 Owner terms! (888) 701-7509
 WoodworthLakePreserve.com 153338M

ARE YOU THINKING OF RELOCATING? QUAIL PATH REALTY on the North Fork can find you the perfect primary, secondary, vacation or investment property on Long Island's East End.
Call us at 631-727-5700 152405B

FORECLOSED LAND DEALS! 8 TO 39 acre Tracts from \$12,900. Catskill Mtns/Cooperstown Lakes Region. Beautiful land, fully G'teed! EZ terms!
 Call 888-905-8847. NewYorkLandandLakes.com 153598M

Land Bargains RT. 20 SCHOHARIE CO., 95.7 acres, \$139,000. RT. 7 RENSSELAER CO., 26.4 acres, \$79,000. RT. 205 OTSEGO CO., 2.7 ACRES, \$22,000
 Owner Financing. www.helderbergrealty.com (518) 861-6541 153599M

Our Hunters will Pay Top \$\$\$ To Hunt Your Land.
 Call for a Free Base Camp Leasing Info Packet & Quote. 1-866-309-1507
 www.BaseCampLeasing.com 153600 C

Now is the perfect time to buy your first home.

Buying a home may seem overwhelming—especially for a first-time homebuyer. That's why we offer special first-time buyer advantages like: Low Down Payments; Zero Point Option; Reasonable Qualifying Guidelines; SONOMA Loans; and Fixed and Adjustable Rate Loans available on 1-4 Family Homes, Condos and Co-ops.

We're here to help you every step of the way, from providing expert pre-qualification and personal mortgage advice, to finding the program that is truly best for you. Call today.

Ellen Greenfield (NMLS #: 490709)
 516-535-8650
 EGreenfield@astoriabank.com
 astoriabank.com / 1-800-537-4888

ASTORIA BANK

* First-time homebuyers only. Income limits and location restrictions may apply.

Tutoring

MATH TUTOR
 Elementary thru 12th Grade • Math Regents, Common Core • SAT & ACT
Excellent Results & Affordable
 Masters, MBA,
 NYS Certified Teacher, 30 yrs Exp.
Mrs. Augenthaler @ 516-767-1150
Cell 516-641-3925 153613M

Vacation & Travel Section

OCEAN CITY, MARYLAND.
 Best selection of affordable rentals. Full/Partial weeks.
 Call for FREE brochure. Open daily. Holiday Resort Services.
1-800-638-2102 Online reservations: www.holidayoc.com 153629B

Wanted to Buy

CASH FOR DIABETIC TEST STRIPS up to \$35/Box!
 Sealed & Unexpired. Payment Made SAME DAY.
 Highest Prices Paid!! Call Jenni Today!
 800-413-3479 www.CashForYourTestStrips.com 153333M



Screen Time And Kids

Many American children are spending nearly as much time in front of screens as they do in school. On average, teenagers spend 6.5 hours a day in front of a screen. Tweens average 4.5 hours a day and children under eight approximately 2 hours a day. Less than half the time children are spending in front of a screen is spent engaging in educational activities. Too much screen time can lead to attention problems, sleep complications and obesity. Excessive screen time can inhibit social skills, impact a child's ability to recognize emotions, and lead to behavioral issues. Unsupervised internet access can provide opportunities for inappropriate and risky behaviors. There have been many positive contributions that technological advancements have brought and screen time does not need to be demonized; it can be a part of our lives in a sensible way.

Recommendations

Later this year, the American Academy of Pediatrics will be updating its guidelines on media. Currently, the AAP recommends avoiding screen time for children under 2, and suggests a maximum of two hours per day for older children. The AAP is conducting research to be certain that its policies evolve at the same pace as that of technological advancements. Whatever research will show about what children can learn from screens, young children still need engaging human interactions for language development and learning. Concern exists about screen time replacing what children need. Prioritize how your children spend their screen time, as the quality of content is important. Seek balance.



PARENTING MATTERS

Graziella Simonetti

Tips

- Put your phone down during meals or when your child is seeking your attention. Engage with your child when playing, feeding, or in the car/bus/train together. Model social skills such as eye contact and active listening. Explain the reason for using the phone, so children understand the functionality of phones, i.e. "I am looking up a recipe for dinner"
- Encourage children to play outdoors. Offer educational media and non-media such as books, board games, and crafts.
- Make some areas/times Screen-Free Zones where there are no TVs, computers, phones or video games. This should include children's bedrooms and meal times.
- Decide ahead of time what programs your child will be watching and turn off the television when the program is over.
- Charge electronics in your bedroom overnight. Forcing kids to disconnect at night can lead to better sleep habits.
- Coach children on how to engage appropriately online (on social media, when gaming, etc).

• Research the apps your children are downloading. More than 80,000 are advertised as educational, yet there is no researching backing this claim. Consider research apps, TV shows and movies on websites such as www.commonsemmedia.org that rate the educational value.

Conclusion

We want children to be adept at using technology without exposing them to excessive screen time that compromises healthy development. Children need to learn the skills to become functioning social beings. It is critical that they receive face-to-face interaction. Though technology is changing,

parenting is not: Set limits, play with your children, and be aware of what they are doing. Plan a media diet that teaches children good choices and limitation and, when possible, sit with your child and engage when they

use technology. If you sit your child in front of the television while you make dinner, do not become overwhelmed with guilt. The key is balance and thoughtful choices.

Graziella Simonetti is a parent educator for EAC Network's Long Island Parenting Institute (www.eacinc.org/long-island-parenting-institute) and works as a social worker for the NYC Department of Education. She holds an advanced certificate in parent education from Adelphi University and is a NYSPEP credentialed parenting educator.

