Reaching and teaching youth...enter the podcast
By Ellen Schuster, BA, MS

I stumbled upon this podcast interview and received fascinating insight into the world of children's podcasts. It prompted me to think of podcasts as a way to educate children about nutrition at home and in the classroom. Some tidbits from the interview:

**Why consider podcasts for children? They LOVE stories.**

**Children tend to listen to podcasts multiple times.**

**Some children listen to podcasts with their family (as bedtime stories) or listen to them while they are doing something else like drawing.**

Here's the podcast with the interview - Current's The Pub podcast episode:

July 24, 2017 - 30 minute interview w/Lindsay Patterson (starts @ 10:35)


How children engage with podcasts

Provides results of a Kids Listen survey (a group advocating for and producing children's podcasts) with over 400 families about children's podcast habits: 80% surveyed said children listen to podcasts many times (20% said more than 10 times). Deep engagement is also the by-product of children listening to podcasts - almost 75% surveyed said their child started a discussion about the topic after listening to a podcast.

https://current.org/2017/04/survey-by-kids-podcasts-group-sheds-light-on-listening-habits/?wallit_nosession=1

Educational podcasts for children

You don't have to produce your own podcast, you can find online podcasts that have nutrition content. (Currently, the bulk of children's podcasts are in the science and storytelling categories.) For example, Brains On, a science podcast, has an episode on allergies.

http://blog.listenwise.com/2017/04/educational-podcasts-kids/

More educational podcasts for children


Using Listenwise to find children's podcasts

This is a comprehensive site for incorporating podcasts in the classroom. You can search by topic and find online audio content for children of all ages. Join for free and you will have access to teaching
resources connected to podcast topics you find on this site. Listenwise is developing an app to help find children's podcasts more easily.

https://www.cultofpedagogy.com/listen-current-podcasts/

https://listenwise.com/

**Common Sense Media provides podcast recommendations**

Common Sense Media reviews media for children. This article highlights the pros and cons of podcasts for children (cons include that they have ads and vary in developmental appropriate level). It also lists podcast recommendations.

https://www.commonsensemedia.org/blog/20-podcasts-for-kids