



# HOW TO SEND VIDEOS TO SPROUT

We love to see what your Sproutlets love to do! Here's how you can share with Sprout in a few easy steps:

## Step 1. Record Your Kid Video

A few helpful tips to make sure your video is Sprouterrific:

**Stay safe:** Don't include anything that could identify where you live, like street signs. And make sure that the activity could not be considered unsafe.

**Stay within Sprout specifics:** Videos should be 1-5 minutes in length, recorded at a minimum resolution of 640x480 and less than 100MB. Confirm the settings on your camera.

**Stay relative:** Don't include children not in your family and include all children's names.

**Stay Sprout:** Don't include branded characters, music, or videos not on Sprout. Watch out for t-shirts and background music. Feel free to use the music in the Sprout Music Box (<http://www.sproutonline.com/sprout/tss/music.aspx>) or make up your own!

## Step 2. Get Your Video From Your Camera To Your Computer

There are several ways, depending on what type of video you have:

- **If you are using a digital photo camera that also takes video**, then your video should exist as digital files. Connect your camera to your computer in the same way you do to download photos (with the cable provided). Once the digital files are saved to your computer, you can upload to Sprout.
- **If your videos are recorded on a DVD**, your video should also exist as digital files. Just insert the DVD into your computer and copy the files. Once those files are saved, you can upload to Sprout.
- **If your video is on tape**, you will need to transfer the video from the tape to a digital format. Connect your video camera to your computer using a firewire cable. Your computer may have digital editing software already installed (check your Applications to see what is included). If not, you can download editing software from the internet – there are many to choose from, so research what will work best for your family. Once you have captured the video from your tape, you can export that as a digital file using the editing software. Now that file is ready to upload to Sprout.
- **If you have one of the newer pocket cameras**, you may already have software included on the camera. If so, all you need to do is connect the camera to the USB port on your computer and your video will be downloaded to your computer. Once the download is complete, the file is ready to upload to Sprout.

## Step 3. Upload Your Video to Sprout

**To upload videos to Sprout Online, visit:**

<http://www.sproutonline.com/sprout/membership/GalleryVideoUpload.aspx>

Fill in the form, browse and attach your video file to submit. Remember you must be a registered user and logged into Sprout Online.

## Step 4. Tune in to The Sprout Sharing Show every day from 3-6pm ET to see if your video is featured on TV.

**Note:** If you have a DVD or a tape, you can also mail your videos to Sprout. Go to: <http://www.sproutonline.com/sprout/files/VideoContestSubmissionRelease.pdf>