



source: business2community.com

Tips for Limiting Hand-Held Device Use

- 01 Be mindful of how much you use hand-held devices. Check out free apps such as *Moment* to see how much time you really spend on your phone.
- 02 Choose specific face-to-face time with your child each day.
- 03 Put your hand-held device out of sight when interacting with your child so you can focus on their needs.
- 04 Have device-free mealtime, with devices off the table.
- 05 Turn off data when outside Wi-Fi range.



“Still Face Experiment - Dr. Ed. Tronick”

<https://www.youtube.com/watch?v=apzXGEbZht0>

See how an infant reacts to a parent's facial expressions. When watching, think about how an infant may react when a parent uses their hand-held devices in front of their baby.

Further Reading

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References

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2. Radesky, J. & Christakis, D.A. (2016). *Increased Screen Time: Implications for Early Childhood Development and Behavior*. *Pediatric Clinics of North America*, 63(5), 827-839.
3. Przybylski, A.K. & Weinstein, N. (2012). *Can you connect with me now? How the presence of mobile communication technology influences face-to-face conversation quality*. *Journal of Social and Personal Relationships*, 30 (3): 237 – 246
4. Novoteny, A. (2016). *Smartphone=Not-So-Smart Parenting? Monitor on Psychology*. *American Psychological Association*, 47 (2):52-58.
5. Kemp, C. (2015). Cell phones take parents' attention away from kids on playgrounds. *American Academy of Pediatrics*. Retrieved from: <http://www.aapublications.org/content/early/2015/04/25/aapnews.20150425-1>

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Setting kids up for **SUCCESS**



source: psychalive.org

Distracted Parenting

A guide for parents and professionals of young children

Educating parents about how their use of hand-held devices may impact the parent-child relationship and healthy child development.



source: elitereaders.com



source: lifezette.com



source: drsusandanielonline.com

What is Distracted Parenting?

The overuse of hand-held devices by parents in the presence of their children.

Cell phones, tablets, and computers are everywhere. Almost 70% of Canadian adults own a smartphone.¹ There are many benefits to using these devices, such as staying in touch with family and friends, obtaining information, and as a source of entertainment. However, the use of hand-held devices can get in the way of the day-to-day interactions parents have with their children. At times, many adults may turn to their phones when they feel down or they may become consumed with waiting for a message or e-mail.

Using hand-held devices too much can interfere with the parent-child relationship.

The distraction may get in the way of meeting children's needs and may impact their healthy development.

Parenting in the Digital Age: The Importance of Face-to-Face Connection

Responsive, face-to-face parent-child interactions during early childhood is important in the development of a child's language, cognitive, and self-regulation abilities.² We are wired for human interaction. Children need to interact with their environment and engage in free play to learn. When they do this in safe environments, it creates demands in the brain which in turn forms new neuronal connections.² As the saying goes, 'use it or lose it!'

The Importance of Secure Attachment

Parents must understand that secure attachment - a relationship of comfort, safety, and trust - is a crucial component of healthy child development. Increased hand-held device use has negative impacts on closeness, connection, and conversation quality.³



source: parents.com

Encourage parents to ask themselves these questions:

- 01** *How often and for how long do you use your hand-held device each day?*
- 02** *Do you often lose track of time when using your device?*
- 03** *What types of social media gives you the most stress (e.g. work email, Facebook)? Only check these when your children are busy doing something else.*

Research Snapshot



What have researchers found when they looked at parental cell phone use and parent-child attachment?



Smartphone use may be behind a 10% increase in unintentional childhood injuries.⁴



The mere presence of a cell phone on the table makes those sitting around the table feel more disconnected.³



In a study where 50 caregiver/child pairs at seven playgrounds in New York were observed⁵, researchers found:

- *Caregivers were distracted with their cell phones 30% of the time*
- *Children were more likely to engage in risk-taking behaviours (e.g., sliding head first, pushing other children and jumping off moving swings), while their caregiver was distracted*



Continued research is needed to examine precisely how cell phone use impacts the parent-child relationship.