

HOW OUR SCREEN USE AFFECTS OUR CHILDREN



Our phones are designed to keep us hooked in, but research shows that when adults are engrossed in their devices, they can decrease their engagement with their children

Prioritising direct interaction is essential for healthy development.

Studies highlighted that ***TECHNOFERENCE** is linked to three significant aspects of parent-child interactions:

- 1. Parent directiveness:** how often parents give instructions to their children, either verbally or non-verbally.
- 2. Responsiveness:** how quickly and effectively parents respond to their child's needs.
- 3. Scaffolding:** how parents adjust their behaviours to create a supportive framework for their children's learning experiences.

By being more mindful of our device use, we can foster better interactions and a stronger connection

Birth
to
2 years

Set aside screens and **focus on face-to-face** interaction. Infants particularly benefit from loving expressions and our voices. Avoiding screen distractions strengthens bonds and enhances language skills. This is evident in everyday moments, such as playing at the park, trying new foods, or breastfeeding. **Using smartphones while feeding can lead to slower responses to a baby's needs.**



Making eye contact, sharing smiles, and engaging in conversation are crucial for their development

2
to
4 years

I'm just checking what time your football starts

Be a good role model. Young children learn by watching adults and they need to see faces and expressions. If they see you distracted by scrolling, it interrupts both your attentions, making it harder to learn language and manage their emotions.

Instead, we need to use smartphones around children only when absolutely needed for tasks, and explain what we're doing out loud

5
to
8 years

When using screens in front of children, it's important to use it thoughtfully. Set clear rules, like no screens during meals, bedtime, or while playing and be consistent. Remember, children are learning how to manage their attention, behaviour, and emotions. **The habits you show as an adult play a big role in helping them develop these skills.**



When using tech to help with learning, do it together with your kids

9
to
12 years

Work together as a family to establish screen time boundaries that everyone agrees on using our family digital plans

Talk openly about your screen time with your kids. Encourage them to share their thoughts on when and why technology is used. As children grow, they start to understand concepts of fairness and hypocrisy. By demonstrating thoughtful and intentional use of technology, we can help them build trust and enhance their self-awareness.



Our actions set an example for them in how they handle their focus, develop their sense of self, and navigate relationships with others

13
to
17 years

Set a good example for your kids by practising what you preach.

Establish limits on your own screen time to show them the importance of balance. Consider sharing helpful tools like screen time apps and focus modes, and work together to create a digital plan for the whole family.

*TECHNOFERENCE - describes the distraction caused by our tech usage when with children and young people

SCAN ME



HEALTH PROFESSIONALS FOR SAFER SCREENS

created with input from Alliance4Children

for support and advice, including family plans