

## SCREEN TIME & KIDS



How media use affects our children's brains and whether educational apps are of much benefit.

### THE "FLYNN EFFECT"

Children today *are* smarter than we were at their age. Named after Professor James Flynn, who discovered that from the 1930s onwards, there have been substantial gains in IQ scores in many parts of the world.

"The brain is like a muscle and there is no doubt that it will respond to stimulation."

**INTERNET USE** appears to boost brain function.

### SOME SCREEN TIME ISN'T GOING TO HURT

In a world where screen use and technology is so pervasive, time of use is less important. The more pertinent question is: what's more important developmentally for the child, and is the child getting that?

### VIDEO GAMES

Induce structural brain plasticity and improve our performance on attention demanding and perceptual tasks.



### GENERAL MEDIA USE VS EDUCATIONAL APPS

It's not so much the exposure to a device but what you do with it, and the content you expose your child to (such as programs that are specifically designed for education), that makes a difference to their brain stimulation and development.

### WORD OF CAUTION

While wonderful, devices *can* cause some people to become overly dependent on them.

## THE BOTTOM LINE

### MEDIA USE CAN NEVER REPLACE IMPORTANT PARENT-CHILD INTERACTIONS

Devices still cannot give a child something which is stimulating them in a way beyond an activity like reading with their parent. We are interpersonal beings and our information comes from our interactions with other people. The parent-child exchange that goes on with shared activities cannot be replicated artificially with a device.

Want to read more? [www.thetabletv.com/no\\_screen\\_will\\_scream](http://www.thetabletv.com/no_screen_will_scream)



thetabletv.com

find us on social media     
@thetabletvshow #thetabletvshow