

Screen-use Tips for Parents

- Avoiding background media – Turning the TV off when no one is watching, or while children are playing increases parent-child interaction (Kirkorian et al., 2009).
- Daily routines (mealtime, bath time, bedtime, diapering) could be opportunities to connect with children through conversation and playful serve-and-return interaction (Radesky et al., 2014).
- Limiting media in the hour or two before bedtime as it can be stimulating, can help children to calm themselves to go to sleep (Garrison et al., 2011).

How to choose appropriate media for your child

Spotlight on the 3 C's

CHILD	CONTENT	CONTEXT
Think about your specific child, including details like her age, specific interests, attention span , and even their current mood . Does this media exposure seem right for your unique child, right now?	Consider the media content. Does it engage your child in meaningful and active ways? Do you support the themes and topics that are introduced? Is it relevant to her real life?	Consider the context in which your child is learning: For example, is your child alone or sitting with you when watching or playing something on screen? Young children learn more when an adult is with them to respond to questions and help them understand and apply what they are seeing and experiencing on screen.

(Guernsey, 2012)

4 Pillars of Media Content That Support Early Learning.

Joint media engagement (JME) enhances learning from television, tablets, e-books, and video chat. When adults engage with media along with children and find relevant ways to interact with the child and extend the content into their lives;

1. they **ENGAGE** the child's attention toward the learning goal
2. they **ACTIVELY INVOLVE** the child in a minds-on experience
3. they make the content more **MEANINGFUL** and relevant to the child
4. they provide a warm, **SOCIAL** context in which to learn

(Li et al., 2018)

Fostering Parent-Child Connectedness and Mutual Joy

Action Recommendations

FACT (Evidence from Research)	ACTION (Recommendation)
Feeling of belongingness fosters well-being across lifespan (Ramsey & Gentzler, 2015)	Whenever possible, be present for the child when they require your attention or assistance at that particular moment.
Shared experiences with close others or the support and connection with close others promote well-being (Proctor, Linley & Maltby, 2009)	Engage in a mutually enjoyable task for a couple of minutes everyday. For example, storytelling or playing a game together.
Expression of shared positive emotion during social interactions between caregiver and child is linked to positive outcomes for children (Brosch, 2021)	Joking, laughter and mutual talk during interaction with the child.

General Guidelines

- Simply spending time with a parent makes children feel valued and worthy of attention, particularly when parents follow the young person’s lead and participate in an activity the child has chosen. (O’Brien & Mosco, 2011).
- Giving children attention in the absence of distractions, such as television or competing siblings, provides opportunities for developing new mutual interests, resolving any conflict, maintaining trust, accessing emotional availability and providing close proximity for physical affection. (O’Brien & Mosco, 2011).