



Screen Time and Language Development



WHAT IS SCREEN TIME?

Time spent on an electronic device like an iPhone, TV, tablet, iPad, or a computer.



Active screen time happens when a child is actively learning, engaging thinking, or communicating during viewing.



Passive screen time happens when a child is with media but is not actively engaging with it or another person about the media.

Phubbing: When screen interrupts important moments for learning

- Adults can miss real face-to-face communication
- Adults could miss the chance to respond to their child

When having screen time, **AVOID PHUBBING** by making that time active and interact with children about the media are both viewing!

Interested in learning more?



Scan the QR code to go to our Evidence Library and video to learn more!

HEALTHY SCREEN TIME HABITS

1. **Set limits** - Create set time per day for technology.
2. **Treat the technology as a tool and not a reward** - Interact with your child and the screen to learn new things
3. **Be a role model** - put your devices away during family time and when you are with your child.
4. **Make time with your child to actively participate in screen time together.**

SCREEN TIME QUALITY DEPENDS ON ADULT INTERACTION WITH THE TECHNOLOGY!

Video-chat helps with facial recognition and communication skills - WHEN and adult is sitting with the child and engaging like

- Repeating what the child says
- Setting up interactions
- Asking follow up questions



Most of children's play time should be without technology



Playing an interactive game, watching educational TV shows where adults comment on the content, or reading aloud e-books by caregivers with their child can further support early vocab and attention skills.



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