

Negative Impact of Screen Time on Speech and Language Development

Amanda Garth, BS

Faculty Advisor: Aaron Doubet, MA, MS, CCC-SLP

Fontbonne University-Department of Communication Disorders and Deaf Education

Abstract

- This session will elucidate the risks and negative associations involved with excessive and early exposure to screen time and its influence on development. A basic definition of screen time will be identified. Alternatives to executing appropriate utilization of screen time will be represented. A digital language processing tool that outlines how to assess the negative impacts of screen time on speech and language development will be explained.

Learner Outcomes

1. Explain a basic definition of screen time.
2. Recall negative influences and associations of screen time on speech and language development.
3. Distinguish appropriate alternatives to screen time in promoting development of speech and language skills.

Introduction

- Screen time refers to the amount of time that a child spends with a screen in front of their face. There are no proven benefits of media exposure for infants and toddlers, and it does not replace essential person-to-person interactions required for communication.
- Research states that for every thirty minutes a child is exposed to screen time, there is a 49% increased risk of an expressive language delay. A child who is exposed to screen time before twelve months of age for more than two hours a day is six times more likely to experience language delays.
- A child younger than five years of age needs immersive, live interactions, play and family time to develop and acquire essential skills of language, self-regulation and creative thinking. Due to a child's immature symbolic, memory, and attention skills, a child cannot learn from digital media as they would from interactions with caregivers.

LENA

- LENA (**L**anguage **E**nvironment **A**nalysis) utilizes a small, child-safe digital language processor (DLP) that is worn in a comfortable vest and is combined with cloud-based software to deliver comprehensive feedback that assists adults in increasing interactive talk with children.
- Often utilized as a parent coaching tool to aid in decreasing gaps in emotional, cognitive, and social development, and to improve school readiness.
- The following measurements can be obtained:
 - Hourly Adult Words:** Indicate number of audible adult words spoken to or near the child.
 - Hourly Conversational Turns:** Indicated by number of back and forth interactions between child and adult.
 - Hourly Child Vocalizations:** Indicate number of pre-verbal attempts the child produced.
 - Hourly Audio Environment:** Reflects a child's daily audio environment by representing the amount of meaningful language a child produced in contrast to environmental factors.

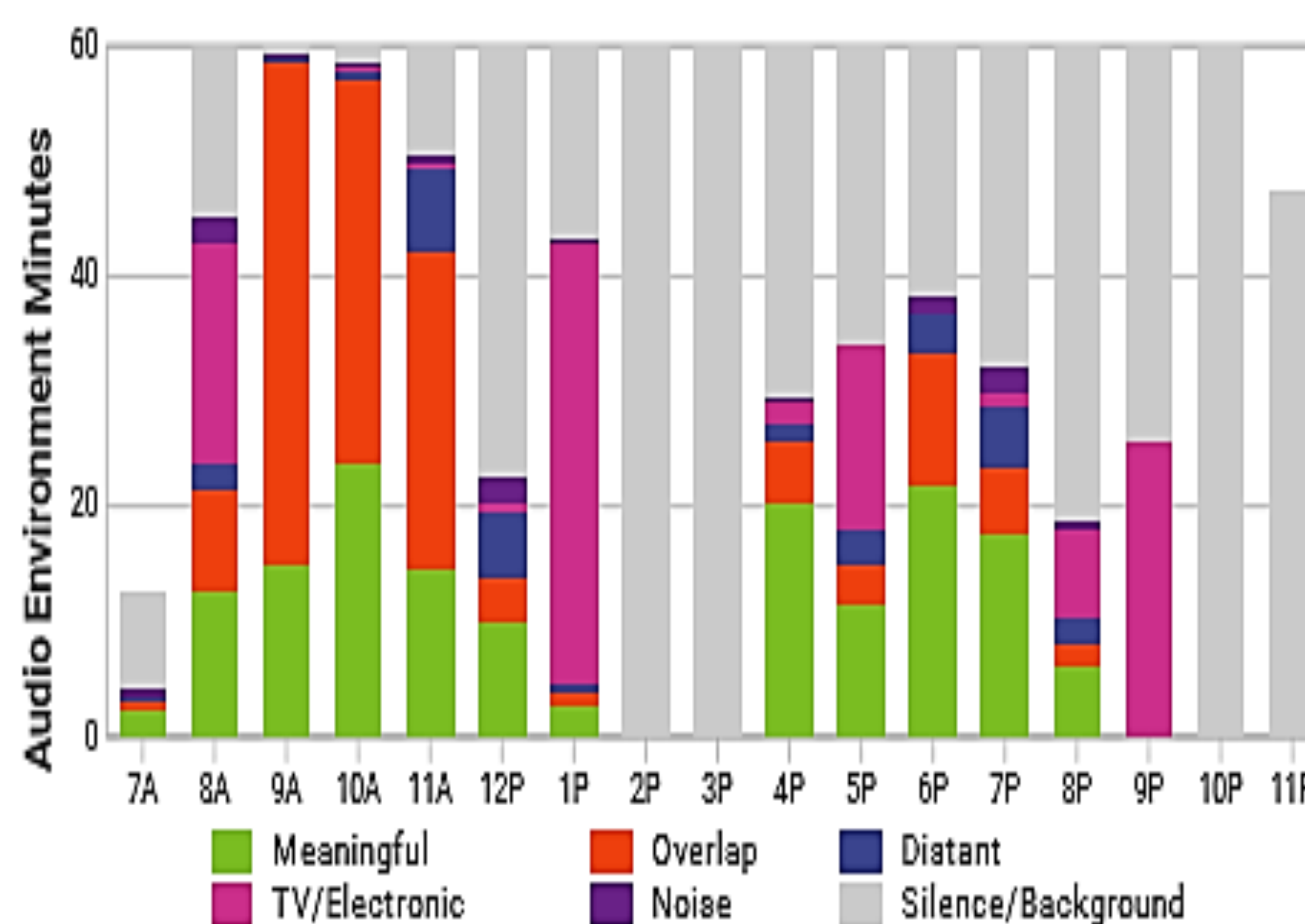
Effects on Development

- Excessive and early exposure to screen time can impact the following areas:
 - Attention
 - Planning and judging capabilities
 - Cognitive and language development
 - Short-term memory
 - Executive functioning
 - Theory of Mind
- Research has also found the following characteristics:
 - Social Isolation
 - Proactive aggression
 - Self-reported victimization

Recommendations

- Promote health and development in a digital world by utilizing the following:
 - Select high-quality programs
 - Watch TV with the child and construct connections to everyday experiences
 - Limit television exposure to no more than one to two hours per day
 - Maintain daily 'screen free' times
 - Avoid screens for at least one hour before bedtime
 - Reduce exposure to children under two and increase interactive activity that affects brain development

Hourly Audio Environment on 10/16/18



My Current Snapshot

Create a Family Media Use Plan



References



Contact Information: gartha@fontbonne.edu