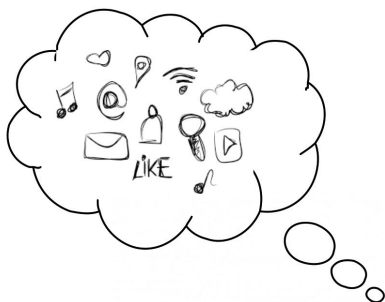


MUMMY, CAN I PHONE?

CONSUMPTION OF DIGITAL MEDIA BY YOUNG
CHILDREN WITH DIFFICULTIES IN SPEECH ACQUISITION
A GUIDE FOR PARENTS



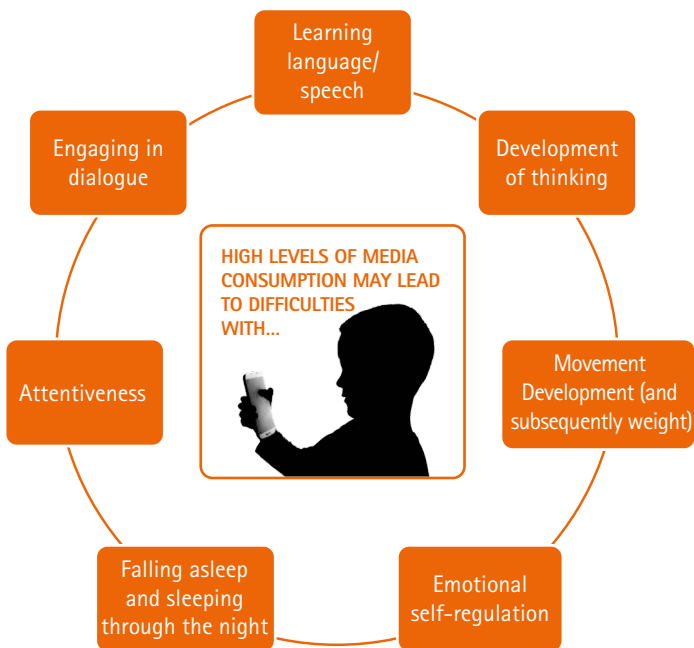
CONSUMPTION OF DIGITAL MEDIA IS...

- Use of mobile phone, tablet, computer/laptop, gaming consoles, TV
- Use of streaming platforms (YouTube, Netflix,...), social media (WhatsApp, Facebook,...), online gaming platforms (Fortnite,...) and internet, TV-Series and movies

Self-Check for excessive media consumption	Yes	No
Phone/Tablet/TV is used as a reward, distraction and/or soothing method in a family setting		
You (the parent) use your mobile phone/tablet/... often in front of your child and during joint playtime		
Your child demands a mobile phone/tablet/TV multiple times daily		
Your child becomes enraged when the devices aren't provided		
Your child shows little interest in other activities		
Your child uses words and phrases learned through videos/series (Often used out of context and not suitable for the current situation)		

EXCESSIVE MEDIA CONSUMPTION LEADS TO...

- Parents not reacting to their child's needs spontaneously
- The child losing interest in interaction with others/parents
- Reduced linguistic exchange (less language input)
- Missed opportunities for language learning
- Frustration due to constant interruption of interactions
- The development of addictive behaviour with withdrawal symptoms
- The child becoming passive and requiring constant entertainment



RECOMMENDATION FOR MEDIA CONSUMPTION:

Age	allocated period for movement/exercise	sleep and rest period	media time
0 - 3 months	30 minutes	14 - 17 hours	-
4 - 11 months	30 minutes	12 - 16 hours	-
1 year	180 minutes	11 - 14 hours	-
2 years	180 minutes	11 - 14 hours	-
3 - 6 years	180 minutes (60 minutes moderate to intense)	10 - 13 hours	maximum 30 minutes
7 - 10 years	90 minutes (60 minutes moderate to intense)	9 - 12 hours	60-90 minutes
11 - 13 years	90 minutes (60 minutes moderate to intense)	8 - 10 hours	maximum 90-120 minutes
from 14 years	90 minutes	8 - 10 hours	maximum 120 minutes

Own compilation in on the basis of the WHO and BZgA 2019

Competent use of media – what parents should do:

- Create clear rules and fixed screentimes!
- Create deliberately screen-free periods.
- Child-proof digital devices (Advertisements are for adults!)
- You are your child's role model – rethink your own relationship to digital media.
- Take the age ratings for games and videos into consideration!
- Watch videos together and discuss afterwards!
- Choose which videos and other content your child can consume, and closely monitor the actual media your child consumes



Tips for screen-free periods:

- Enjoy the time with your child. Put your phone away while playing with them! Pay undivided attention to your child
- Boredom is vital to the development of children – it promotes imagination and creativity. Try not to give in to their boredom!
- Give tangible offers (such as drawing, looking at a picture book, play a game together etc.)
- Create rituals and clear rules (clearly defined screentime, not allowing media while eating, not using your own phone during playtime, no screentime 2 hours before going to bed...)

SOURCES AND USEFUL LINKS:

www.kindersprache.org

www.fragbarbara.at

www.saferinternet.at

www.ispa.at/technischerschutz

Book suggestion: Elternguide Digitalkultur-Kathrin Habermann (Springer-Verlag, 2020)

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