



Literacy Minute

Technology



Parents might think that their children are learning language skills through using technology such as watching television, using phones or tablets, playing video games or using the computer. Research is showing us, however, that as technology use increases, language skills decrease. This is because young children learn best through relationships and interaction with others.

For each hour per day that a pre-school aged child uses screen time, there is a 20% increase in attention problems and a 30% increase in risk-taking behaviour. The good news is that if parents play, sing, or read with their child for one hour each day, there is a 30% decrease in attention problems.

The Canadian Pediatric Society, recommends that children between the ages of 0 and 2 years have NO screen time. Even television playing in the background is discouraged. Children between the ages of 3 and 5 years should watch no more than one hour of quality programming each day.

