



# Tots and tech: challenges for early childhood in a digital age

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## Professor Leon Straker

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Topic: The potential impact of increasing media use on young children's physical health and development

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### Biography

Leon Straker is Professor of Physiotherapy and has held two National Health and Medical Research Council Senior Research Fellowships. He has published over 250 scientific papers and ranked second in the world for publications on children and ergonomics and second in Australia for publications on children and technology. Since 2000 he has lead research on the physical implications of technology use by children, covering television, computers, electronic games and mobile touch screen devices. He has given keynote presentations in North America, Europe, Asia, the Middle East and Africa. He currently co-chair's Early Childhood Australia's Digital Policy Group tasked with drafting a statement on young children and technology. He is also on the Executive of Active Healthy Kids Australia, the national advocacy organisation promoting physical activity by children.

### Abstract

As young children spend increasing time interacting with media, the potential impact of this time on physical health and development grows. This presentation will provide an overview of the potential impacts on neuro-musculo-skeletal development including fine and gross motor control, posture, spinal pain, bone density, muscle development, adiposity and sedentary behaviour related cardio-metabolic risk.