



MEET THE TEAM

CMA Advisory Team Member - Dr Cara S. Swit



Dr. Cara S. Swit is a Senior Lecturer of Child and Family Psychology at the University of Canterbury. Her research interests are in child social development, parent-child interactions, child and parental mental health and wellness. Dr. Swit is a leader in advancing child-centred methodologies in developmental research.

Cara is most proud of her commitment to giving young people a voice about matters that impact them. Currently, she is leading a project co-designed with youth 12-15 years on the impacts of media and technology on their mental health and wellness.

Why is Cara passionate about CMA?

CMA provides high quality evidence based information and resources for parents and families to support their children to become healthy media users.

Key publication

Swit, C. S., Coyne, S. M., Shawcroft, J., Gath, M., Barr, R., Holmgren, H. G., & Stockdale, L. (2023). Problematic media use in early childhood: The role of parent-child relationships and parental wellbeing in families in New Zealand and the United States. *Journal of Children and Media*, 1-24.