



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

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Topic: Children and Technology! The effect on Social and Emotional Well-Being

Biography

Rita is a Psychologist with Clinical Endorsement working with children, adolescents, families, couples and individuals in private practice. She is a Certified Clinical Neuropsychotherapist and provides Brain-Based Education training to clinicians, educators and parents. Rita is currently a Senior Clinical Lecturer with the University of Adelaide and a Consultant for the Australian Communications and Media Authority. In the span of her career, Rita has worked at the Royal Adelaide Hospital Metabolic Centre (Obesity Clinic), appeared on 'Raising Children', a DVD given to new parents and supported by the Australian Government, and appeared on the DVD 'Being Dad 2'. Rita maintains accreditation with Burnside Memorial Hospital and has worked collaboratively with Heart Kids, Ronald McDonald House and the Leukaemia Foundation.

Abstract

"The matter with human beans," the BFG went on, "is that they is absolutely refusing to believe in anything unless they is actually seeing it right in front of their own schnozzles". BFG by Roald Dahl

This presentation is a broad overview of how media affects the social and emotional well-being of children aged 0 to 8 years. In particular, research shows how the first 1000 days of a child's life in particular are imperative for attachment, connection, engaging and feeling safe. To ensure that this is achieved children need other people – it's about right-brain to right-brain connection. When children are introduced to technology too early, it can interfere with the development of social and emotional connections with others, increase visual skills but at the expense of imagination and listening, and increase feelings of loneliness and isolation. Case studies will be presented to demonstrate how exposing young children to technology too early impacts on their social and emotional well-being. Questions and solutions will be presented about how to best to inform parents about media use and overuse, media related anxiety effects of watching the news or reading newsfeeds, the effect of food marketing and advertising and the potential impacts on relationships now and in the future.