

# Technological habits in Mexican children younger than 4 years of age

Paloma Suárez Brito, Ervin Ferreira Velasco and Elda Alicia Alva Canto

National Autonomous University of Mexico



The aim of this study was to determine the frequency and type of technological devices used, as well as the purpose to which they are put, by Mexican infants in their homes during a typical day.

There are many programmes and applications specifically designed and directed at children, who have become primary consumers of both apps, and devices such as smartphones and electronic tablets.

## Method

N= 100 Mexican infants  
X=2.5 years old; SD=15 days

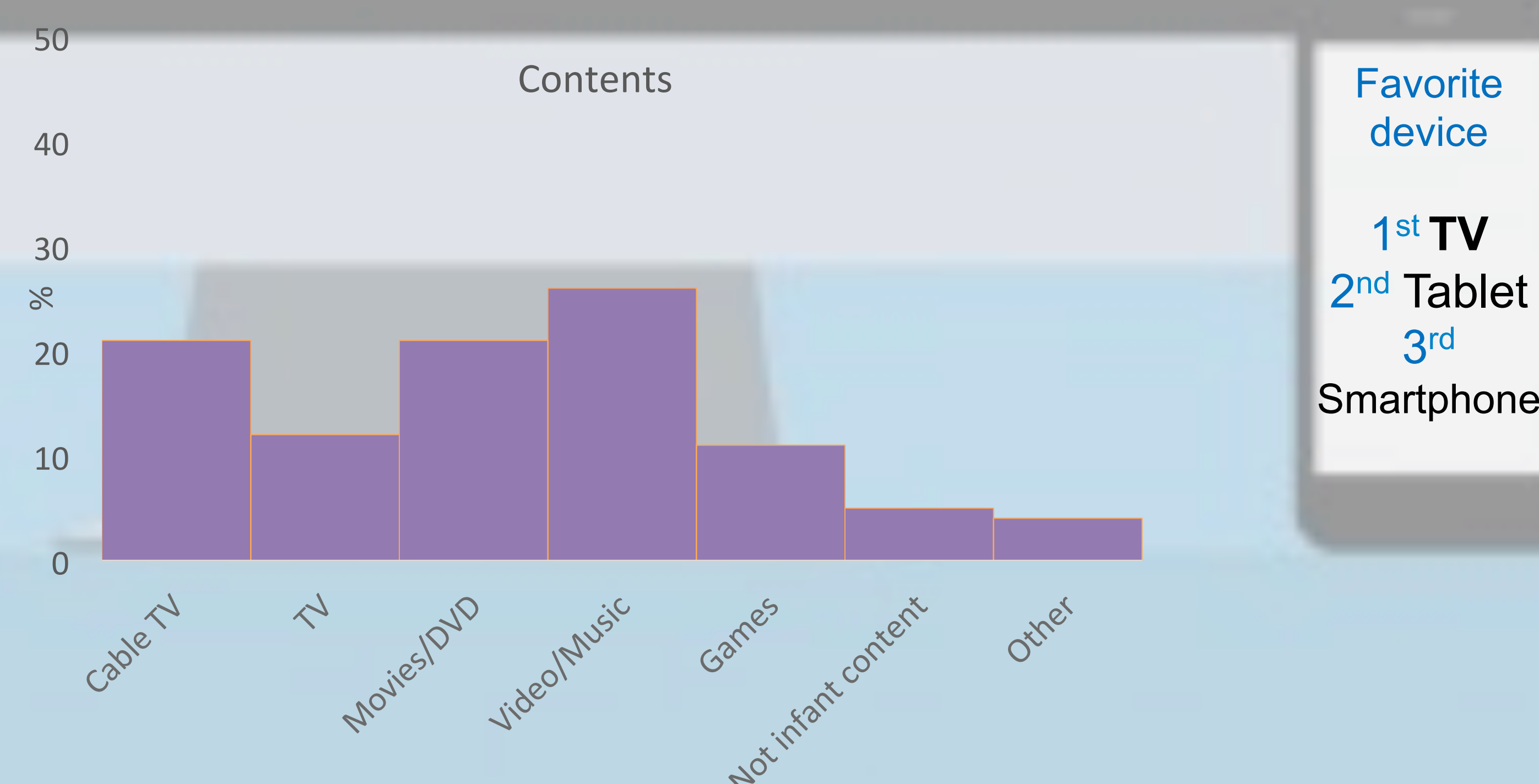
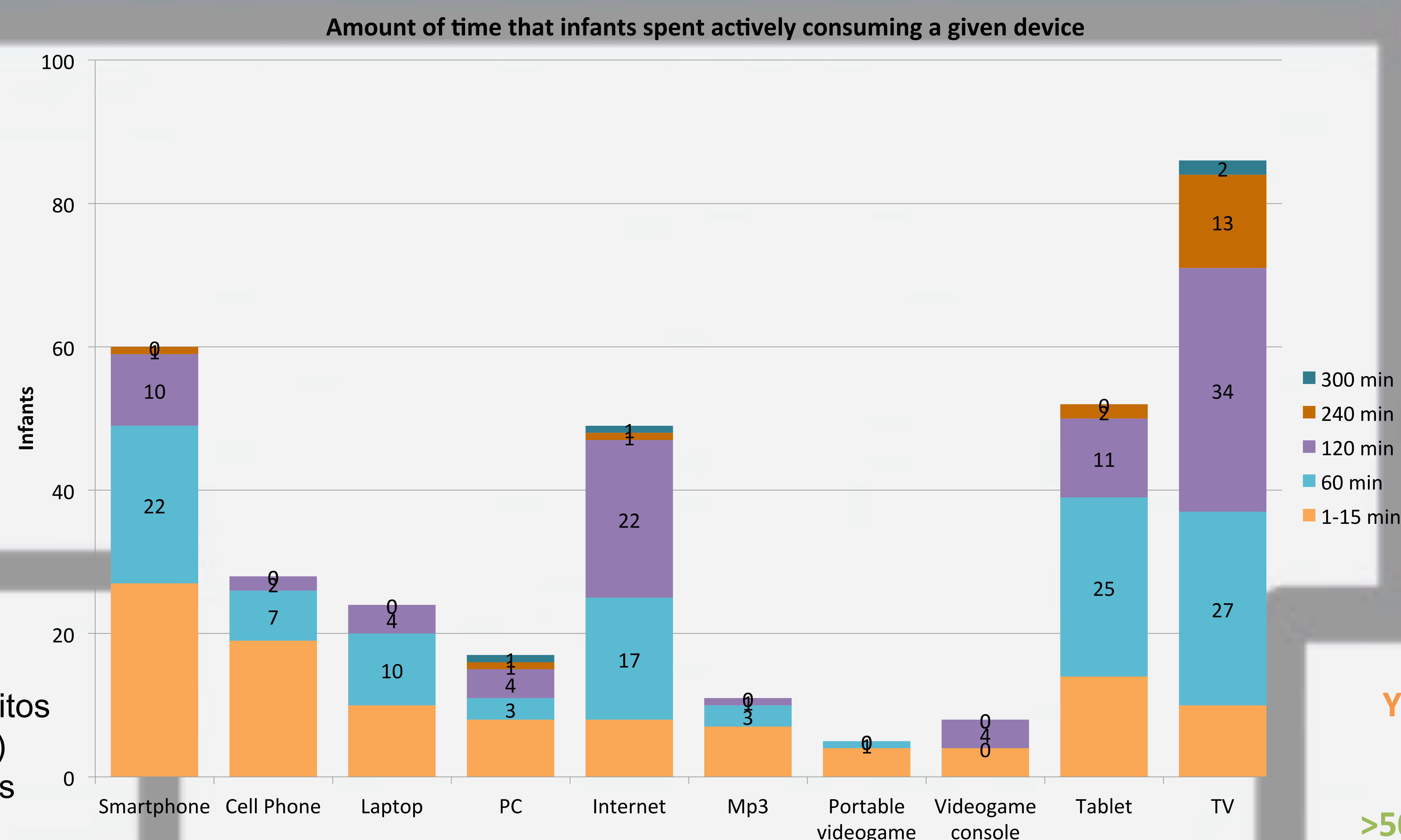
Parents  
X=32 years of age  
X=15 years of education

## Instrument:

Cuestionario de Hábitos Tecnológicos (CHaT) (Technological habits questionnaire)  
-10 questions based on Gutnick et al. (2010)  
-Telephone survey conducted by expert researchers in studies with infants.

**Measure.-** Time that infants spent actively utilizing a given device according to the reports of their parents

## Results



Own device  
Yes 17% No 83%

Playing  
>50% More than 3 hrs

Reading  
<50% Less than 1 hr  
Parent's opinión regarding technology use:  
Negative 26%  
Positive 74%

Favorite device  
1<sup>st</sup> TV  
2<sup>nd</sup> Tablet  
3<sup>rd</sup> Smartphone

- ❖ The present study confirms, in Mexican Spanish-speaking infants, previous findings regarding their preference for TV viewing; Using concrete data, it offers a general perspective of the frequency of the use of different technological devices by infants under 4 years of age, as well as their favorite applications.
- ❖ It is proposed that the results shown here are useful in the field of education and are also suitable for taking informed decisions regarding the “normal” use of technology by infants.

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paloma\_suarez@cuaed.unam.mx

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