**BBC Radio 5 Live**

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Greg milam as founder of for co-founder of the open source election technology Institute serious screens but this time screens in the hands of children home much screen time to harlow a child the American Academy of Pediatrics has announced new screen time guidelines for children aged two and below it had recommended that children have no screen time before they have to but no says that children aged over 18 months can video chat worth amily and 18 months to 5 year olds can watch high quality Programmes which parents like sesame Street J Lescott is lead Artur of the reports media young minds telegenic parole thank you for having me to thank you for coming to talk to us previously you had a tougher guidelines with this City the approach outlined that and came out in 2001 really discourage any technology used any screen use under the age of two and this was based on consent for more harm than good at that age and then from 8 to enough but they monitored and periods when it took about two hours per day and really March was clear then monitor what kids are doing but in that time media has changed so much so many different types of digital tools that kids could be using salt we felt an update was necessary N N a new look at the literature to see if we could make more evidence based on a set of recommendations prepared to follow so you've come up with's with these recommendations about children 18 months and Alder be able to do video chat at him what would be the point is the harm in that obviously you're recommending it is a good Harman video chat you're chatting here could act we will not see any harm in terms of video turning escaping we we're experts always say that at any age even in infancy when and invent the mind is not ready for a symbolic thinking and understanding that a two dimensional image on the screen means something in the real world we still don't discourage it was said absolutely fine at any age and any act because it promotes relationships that helps people who have appearance to be deployed to keep in touch with grandparents and other or other family members were concerned about on

in are excess of views 9 educational television in infancy and under 18 month is that it's been associated witht chorus sleep later sleep on that and as a slight increase in BMI and risk of obesity later in life and even and D deficit and executive functioning which is a part of our cognitive development that really starts our in the 1st year of life but really starts to recover in Earth 2nd of 50 of life and that controls are empowered of impulse control our attention span are self regulator on the skills of a really crucial for schools' success so so we're in a potential negatives that we outlined that we really emphasising this new report week we recognise that parents are bringing their kids up in the world just saturated with media they're filled with different take that screen and instead of just saying don't do

this don't do this we really wanted to say cheers the things we really want you to do if you want to teach digital literacy you're young children in opera easy euros wish them cleared pick really really good media like that coming out of sesame workshop are public broadcasting service PBS because those been designed by a developmental psychologist who really know how an 18 month old brain works at two or 3 or 4 year olds bring works has been apparent training involved here as well as not because of what their parents are stuck into the phones then do the child or match to get the idea this is OK so still one of the main point to make is to role modelling appearance really have a huge effect I'm how their children and you know conceive what medium mean it was just the thing attached to other time in a week we respond to every time a bit so bleep or whatever or is it something that uses a tour that does not control us but to control it in order to meet

are value Is are goals so we really do as parents to trailer be mindful about how they want to use media especially when they're around the kids and to role model I'm using her connection meaning to to be in touch like Lycra video chatting really use it more for creation like using an app 3 concrete will video was using using together to take pictures of nature and look at them together with the child and of course not some sort of it down Park in front of a screen as happened during the day and we really have to try to limit that to an-hour and the rest of the time really tried to make media a shared experience something that you know you could share the fun of it with you children and and the nominee in give you some ideas of what to play next to emit a vastly complicated area D

ever imagined that you could come out with some some Paul a series of guidelines say in in Britain there was a road safety disused which vastly successful called green cross court which which told you how to cross the road you tell parents how to use they have their screens without children in in a simple and very approachable way when the best I've heard it on which was was put forth by Lisa Guernsey was a scholarship worked for the new America Foundation and she said it you know really ready euros technology to connect and create not just consume i-i-i think because technology is designed to make us more consumers allow digital tools game fired or they are designed in a way to increase their habit formation or hurried prolong their engagement with them and so we can in increase the

way we reflect on that end the way that we can teach our kids to be able to unplug and be able to have time 3 not constantly responding to bids from the farm in other there are kids hopefully internalised that so those 3 seeds you are not to using two connecting to create that has consumed that's one way but it hard to distil this just into a soundbite think that are prior conditions that was like to interview in unearthing and to and limited to two hours a day was far too wide and that the literature on this is quite complex it is pretty new ones media that affect really depend on who the child is watching you and what they're watching and the other stressors in their lives and and with that child is maybe they are can genetically predisposed to be a kid with ADHD and and they may have a different relationship with Mia then child with a different type of temperament so so it is complex a think we've tried to make an attempt at recreating

a digital tool to help the children that or flash media use them any clothes on you children's names and ages and then we can think of a menu of options to choose from tell what sort of in our household rules you would like to implement around how you use media and not just how much you use media we also talk about unplugging during family routines them meals in also hope that some of those messages are pretty digestible appearance and implemented bomb but we'd in of course we welcome feedback er we're hoping to show to hear from parents know what this is working and what help for end and what is that which has a lot to think about isn't it but he said we're thinking about that that's the main thing thank you very much you type the cupboard era desk a leader Arthur of the American as a full cap shrank maybe maybe I should just double check their jenny's title but that the reporters called

media And young minds and I think I've got an update title for Jenny she was an assistant Professor of paediatric the University of Michigan medical school it just after a party formed it is all lies smartphones and tablets this is BBC 5 live BBC news