he findings of a report out this morning will have many parents breathing a sigh of relief. It shows letting your child play with your

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smartphone or tablet could have a positive impact on their development. It says interactive touch screen apps are not only more engaging for children, but are also similar to some traditional forms of play. Mum Becky Wickes told us she's consistently surprised by how competent her two-year-old Isobel is on a tablet. I think she watches me, and her dad doing it. It's something that has always been there for her and we have never hidden it away. It has never been to do and it has always been part of her playing. Sometimes I've shown her something the day before and she's asked if she can do this again. She knows where to find it. It surprises me what she remembers and how she can use it. We're joined now by child psychologist Dr Howard Fine. We are being told it's fine. If we use our tablets children, we are improving their brains. This

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particular piece of research has some implications. It has a small sample size. We have to be cautious in how we interpret it and the on screen time. If it's a recreation, maybe it should be limited, but if it's educational, we can increase the hours. People say no more than one hour a day for toddlers and two hours if they are older. Is it consistent with kids? That kind of practice? It depends on recommendations. Countries like America limit to 0 below the age of two. The French below the age of two. What do we say here? We have no government guidelines at the moment. What do you think it should be? It should be some time, but it depends on moderation. It should also be with parental supervision. We should with parental supervision. We You know when you said earlier on, the tech

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savvy children guide you. We should be learning with them. When I use my phone when I'm not at work, I find my brain disconnects and goes off into another zone. I can be, uncertain can be, on certain apps, feel like I'm in a rabbit hole and I don't think that is constructive. You know like social media? You are addicted to social media. And that worries me about my children. Do they do that? Do their brains float off? You talk about the recreational time. It should be limited. We are seeing a negative impact on recreational time on apps. For example, children doing their GCSEs. For every additional hour per day of on screen time, it reduces their grade... So when children are used to swiping on an iPad like this. Look what

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happens when they use a magazine. This is what we are teaching our children. They are trying to swipe. Does Marie Claire swipe? No, it doesn't. Will Marie Claire swipe in 10 years' time? Yes. These kids are ahead of their time. Apps are good at increasing our processing speed and memory. It doesn't increase our ability to work with 3-D objects and our visual and spatial skills. The real world. What do you recommend to adults and rabbit holes? I would say limit your time. -- Adults in rabbit holes. You are so right. Every time we cut back to your vision, Piers, you are like this. Can we get a little compilation of the little parts of the program when we cut to him and he is on his phone, editor? Great to see you. Thank you very much