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| 2. | [iPads 'just like play time' for children](#doc_id_2) The Daily Telegraph (London), December 22, 2015 Tuesday, NEWS; Pg. 14, 148 words |

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| 4. | [iPads could be good for toddlers because they are more like traditional play; The majority of two year olds who have access to iPads and smartphones can already swipe, unlock and actively search for apps and features.](#doc_id_4) telegraph.co.uk, December 21, 2015 Monday 11:30 PM GMT, NEWS, 446 words, By Sarah Knapton Science Editor |

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South China Morning Post

**December** 28, 2015 Monday

**SECTION:** /EDITORIAL/CONTENT/FEATURES/LIFE; fea life 03.pgl; Lab Report; Pg.7

**LENGTH:** 711 words

Call for US to ban dangerously thin models from fashion shows

Prohibiting catwalk models from participating in fashion shows or photo shoots if they are dangerously thin would go a long way towards preventing serious health problems - including anorexia nervosa and death from starvation - among young women, according to experts from Harvard T.H. Chan School of Public Health. In an editorial published online in the American Journal of Public Health, the experts called for the US Occupational Safety and Health Administration to set regulations that would prohibit the hiring of models below a given body mass index (for example, a BMI under 18). The authors noted that the average catwalk model's BMI is typically below the World Health Organisation's threshold for medically dangerous thinness for adults; that is, under 16. BMI is calculated by taking the square of height in metres divided by weight in kilograms. Last April, the French National Assembly passed a law that would ban the hiring of excessively thin models. The Harvard experts said if the US joins France in regulating the hiring of dangerously thin models, it "would shake the fashion industry, even if enforcement dollars were few and far between. Designers would be hard pressed to maintain a presence in the industry without participating in the New York and Paris fashion weeks."

Two-year-olds adept at using **touch-screen** technology

Two-year-olds are adept at using **touch** **screens**, and can swipe, unlock and search for features on smartphones and tablets, a new study published online in the Archives of Disease in Childhood has found. The findings were based on 82 questionnaires on **touch** **screen** access and use, completed by the parents of children aged between 12 months and three years. Most of the parents (82 per cent) said they owned a **touch** **screen** device such as a smartphone or tablet. Of these, most (87 per cent) gave their child the device to play with for an average of 15 minutes a day, and nearly two-thirds said they had downloaded apps for their child to use. Nine out of 10 parents who owned a **touch** **screen** device said their child was able to swipe; half said their child was able to unlock the screen, and nearly two-thirds felt their child searched for **touch** **screen** features. The average age of the **toddlers** with the ability to perform these three skills was 24 months. "Interactive **touch** **screen** applications offer a level of engagement not previously experienced with other forms of media and are more akin to traditional play," the researchers write. "This opens up the potential application of these devices for both assessment of development and early intervention in high risk children." Nevertheless, they caution: "Many applications designed for infants and **toddlers** already exist, but there is no regulation of their quality, educational value, or safety. Some of the issues that arise with passive watching of TV still apply."

Childhood concussions impair brain function

A new study finds that preadolescent children who have sustained sports-related concussions have impaired brain function two years following injury, relative to their peers who do not have a history of mild brain injury. Published in the International Journal of Psychophysiology, the study by the University of Illinois included 30 eight- to 10-year-old children who are active in athletic activities. Fifteen of the children were recruited two years following a sports-related concussion and the remaining children had no history of concussion. The researchers assessed the children's ability to update and maintain memory, as well as pay attention and inhibit responses when instructed to do so. The team also analysed electrical signals in the brain while the children performed some of these cognitive tests. With the brain signals, they were able to measure how each child's brain performed the tests. Relative to children in the control group, those with a history of concussion performed worse on tests of working memory, attention and impulse control. This impaired performance was also reflected in differences in the electric signals in the injured children's brains. Also, among the children with a history of concussion, those who were injured earlier in life had the largest deficits.

**LOAD-DATE:** December 27, 2015

**LANGUAGE:** ENGLISH

**PUBLICATION-TYPE:** Newspaper

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The Daily Telegraph (London)

**December** 22, 2015 Tuesday

Edition 1;

Scotland

**iPads 'just like play time' for children**

**SECTION:** NEWS; Pg. 14

**LENGTH:** 148 words

Tablet computers and smartphones can help young children learn in the same way as interactive play, scientists have found.

The National Institute for Health and Care Excellence has previously recommended that screen time for children should be limited to a daily maximum of two hours.

But research from Cork University Hospital in Ireland suggests that **touch-screen** technology has a different impact on the brains of **toddlers** compared with passively observing a programme. The majority of two-year-olds who have access to iPads and smartphones can already swipe, unlock and search for apps and features, the research found.

Dr Deirdre Murray, the lead author, said: "Interactive **touch-screen** applications offer a level of engagement not previously experienced with other forms of media and more akin to traditional play."

The research was published in the journal Archives of Disease in Childhood.

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**LANGUAGE:** ENGLISH

**PUBLICATION-TYPE:** Newspaper

**JOURNAL-CODE:** DTL

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Irish Daily Mail

**December** 22, 2015 Tuesday

Edition 1;

Ireland

**Limit your toddler's time on the family iPad**

**BYLINE:** Kevin Keane

**SECTION:** NEWS; Pg. 17

**LENGTH:** 671 words

CHILD development experts have cautioned parents to make sure their **toddlers** are spending no more than 30 minutes a day on mobile phones or tablet devices.

As one of the country's biggest retailers revealed that the average home now has two or more tablets, researchers have found that by the age of two, Irish children are already skilled at using **touch** **screens**.

A survey carried out by Cork University Hospital found that by this age, **toddlers** are able to swipe, unlock and actively search for features on phones and tablets.

The co-author of the study, published in the British Medical Journal's Archives of Disease in Childhood, has told the Irish Daily Mail that parents should keep an eye on how long their **toddlers** spend with **touch-screen** devices since it's unknown whether they have a detrimental effect on their development. 'Part of the problem with media use is they are not doing other things that they should be doing, like playing outside or playing with other children,' said Dr Deirdre Madden, a consultant paediatrician and senior lecturer in the Department of Paediatrics and Child Health in UCC. Dr Madden and her team sent out questionnaires to 82 parents of children aged between 12 months and three years. Parents were asked how long their child used **touch-screen** devices each day, and whether they were able to unlock the screen, swipe through pages or images and recognise and interact with specific features such as icons for games. Eight out of ten parents said they owned a device such as a smartphone or tablet. Of those, 87% said they gave their child the device to play with for an average of 15 minutes a day and nearly two thirds said they had downloaded apps for their child to use.

Nine out of ten parents who owned a **touch-screen** device said their child was able to swipe; half said their child was able to unlock the screen, and nearly two thirds said their child actively searched for **touch-screen** features.

Dr Madden told the Mail that despite the popularity of **touch** **screens** for children, there are no guidelines on the effect they can have on children. She said: 'The American Academy of Paediatrics guidelines say, "No media use before the age of two", but those guidelines were brought out before iPads were launched so really we don't have any guidance from any paediatric bodies about **touch-screen** use in **toddlers** and we don't know what the effect is.' And she said the finding in her own study that **toddlers** are spending 15 minutes on **touch-screen** devices per day is probably an underestimate since parents are self-reporting.

But she said parents need to be conscious about how much time their **toddlers** spend using **touch** **screens** and should make sure it's not more time than they spend interacting with other people.

'Children play with traditional toys for an hour a day. We are seeing that a significant part of that is being replaced by **touch-screen** devices. It's a massive change in how children are playing and year on year it's becoming more frequent that children will have their own **touch** **screens** to keep them occupied.

'We know that spending a lot of time watching television, which is a more passive form of play, is not good and things like fast-paced cartoons can have a negative impact on their attention.

'With a **touch-screen** device it's not as passive: many of these children are using interactive apps and that's probably better than watching cartoons but it depends on the content. If they are being given a flashing screen just to look at the images that's not good. You can learn from **touch** **screens** but not as quickly as a real-life interaction.' On the positive aspect of technology, Dr Madden said there was great potential for **touch** **screens** to be used in assessment and interactive learning.

Meanwhile the retailer Argos says gaming and on-demand TV have sparked a rise in purchases of 10in tablets, with sales up 130% on 2014.

They say the increase is due to people wanting bigger screens for entertainment.

kevin.keane@dailymail.ie

'Not doing things like playing outside'

**LOAD-DATE:** December 22, 2015

**LANGUAGE:** ENGLISH

**PUBLICATION-TYPE:** Newspaper

**JOURNAL-CODE:** DML

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telegraph.co.uk

**December** 21, 2015 Monday 11:30 PM GMT

**iPads could be good for toddlers because they are more like traditional play;**

**The majority of two year olds who have access to iPads and smartphones can already swipe, unlock and actively search for apps and features.**

**BYLINE:** By Sarah Knapton Science Editor

**SECTION:** NEWS

**LENGTH:** 446 words

Not all screen time is bad for **toddlers** as iPads and smartphones can help them learn in the same way as interactive play, scientists have found.

Last year the National Institute for Health and Care Excellence (Nice) recommended that children should have TV-free days and limit screen time to a daily maximum of two hours.

Yet new research from the Department of Paediatrics and Child Health at Cork University Hospital in Ireland suggests that **touch** **screen** technology has a different impact on the brains of **toddlers** to simply passively observing a programme.

"Interactive **touch-screen** applications offer a level of engagement not previously experienced with other forms of media and more akin to traditional play"Dr Deirdre Murray, Cork University Hospital

Researchers found that the majority of two year olds who have access to iPads and smartphones can already swipe, unlock and actively search for apps and features.

This level of interactivity is akin to play, say the experts.

"**Touch-screen** platforms, when used to their strengths, present many features which differentiate them from other forms of media and offer the potential for more positive effects, "said lead author Dr Deirdre Murray.

"Interactive **touch-screen** applications offer a level of engagement not previously experienced with other forms of media and more akin to traditional play.

"This opens up the potential application of these devices for both assessment of development and early intervention in high risk children."

The researchers questions 82 parents with children between 12 months and three years.

They were asked how long their child used touchscreens each day, and whether they were able to unlock the screen, swipe through pages or images, and recognise and interact with specific features such as app icons for games.

Most parents owned a **touch** **screen** device and 87 per cent said their child was allowed to play with it for an average of 15 minutes a day. Nine out of 10 said their child could swipe, half said they could unlock the screen and nearly two thirds said their youngster could actively search for features.

The average age of the **toddlers** with the ability to perform these three skills was 24 months.

However, the experts caution: "Many applications designed for infants and **toddlers** already exist, but there is no regulation of their quality, educational value, or safety. Some of the issues that arise with passive watching of television still apply."

The researchers say recommendations should be updated to take into account the advert of **touch** **screen** media, which is likely to be beneficial for learning.

The research was published in the journal Archives of Disease in Childhood.

**LOAD-DATE:** December 21, 2015

**LANGUAGE:** ENGLISH

**PUBLICATION-TYPE:** Newspaper; Web Publication

**JOURNAL-CODE:** WEBDTNS

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