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