

Special Thanks to Our Partners



**Symposium:
The Impact of Screen Time on
Early Childhood Development**

Connecting and linking early
childhood organizations and
families

October 3, 2019
Grey Eagle Conference Centre
Calgary

Full Day 8:15 a.m. - 3:30 p.m.

Evening Presentation
6:00 - 8:30 p.m.

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Grey Eagle 4G 3:30 PM 100%

Messages Margaret Maxwell Details

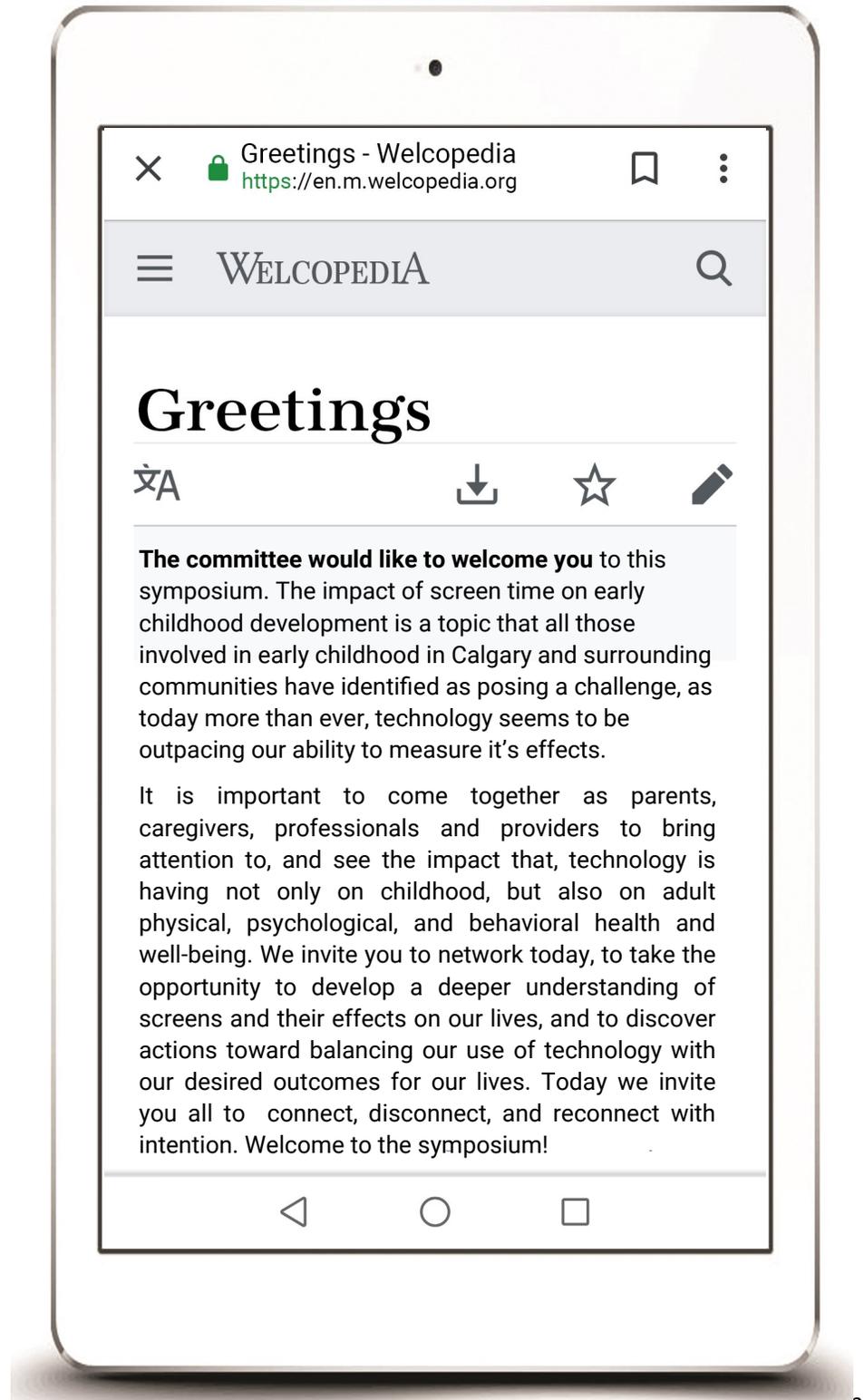
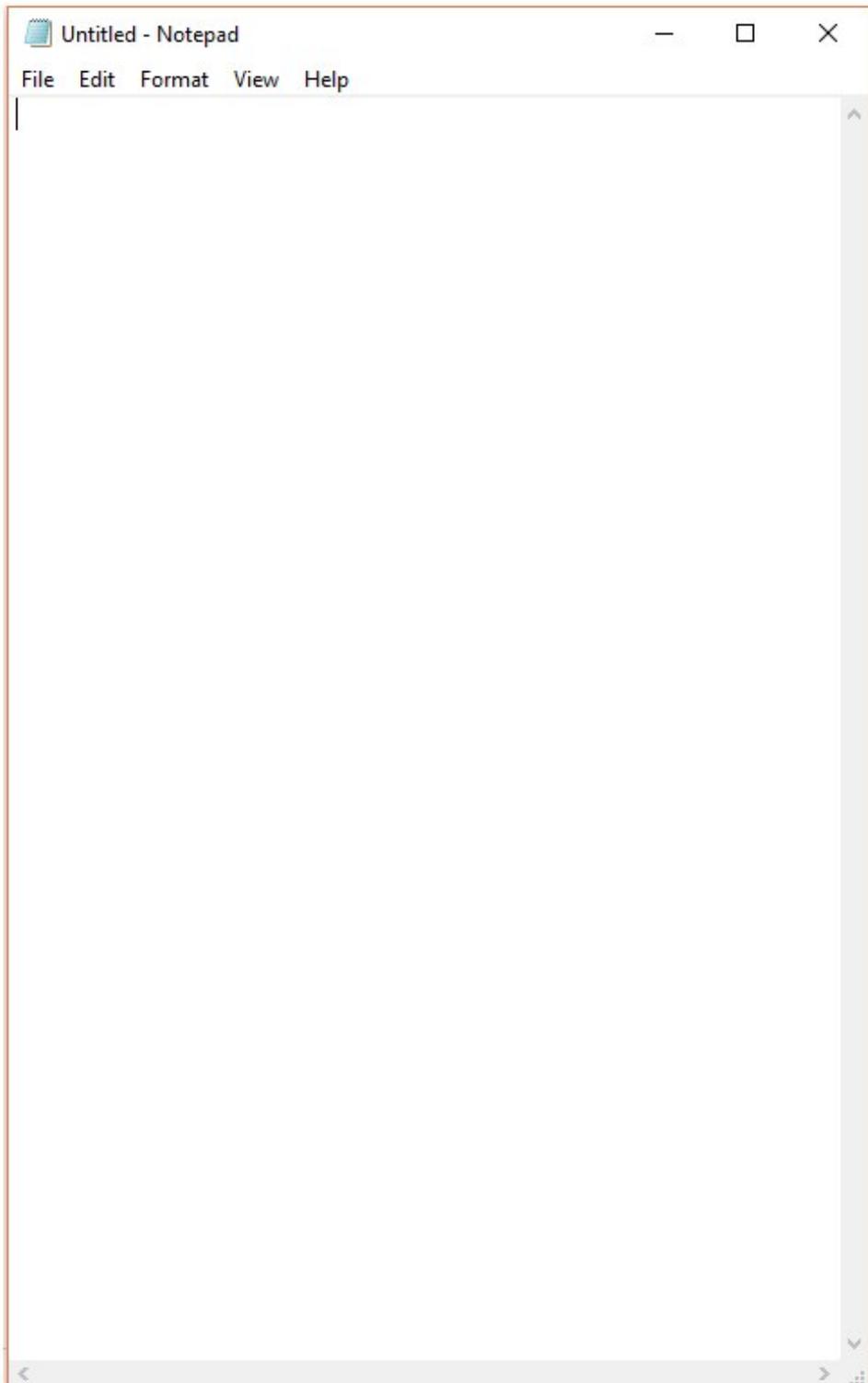
Hey, Marg! Why early childhood?

Early childhood experiences are so important to lifelong outcomes...

The early environment literally becomes embedded in the brain and changes it's architecture.

The first five years have so much to do with how the next eighty turn out!

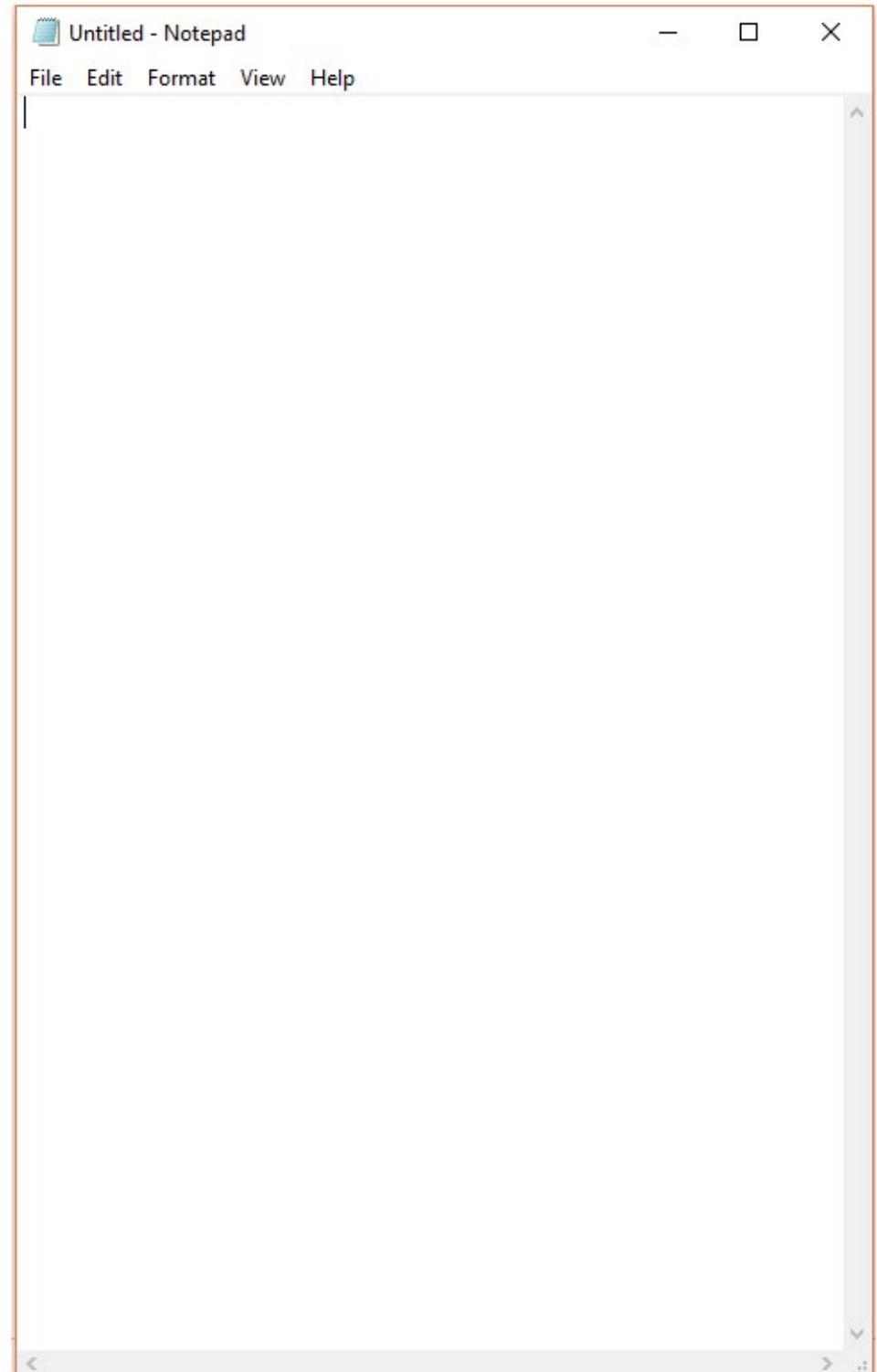
Right! Thanks! Now it's embedded in MY brain!

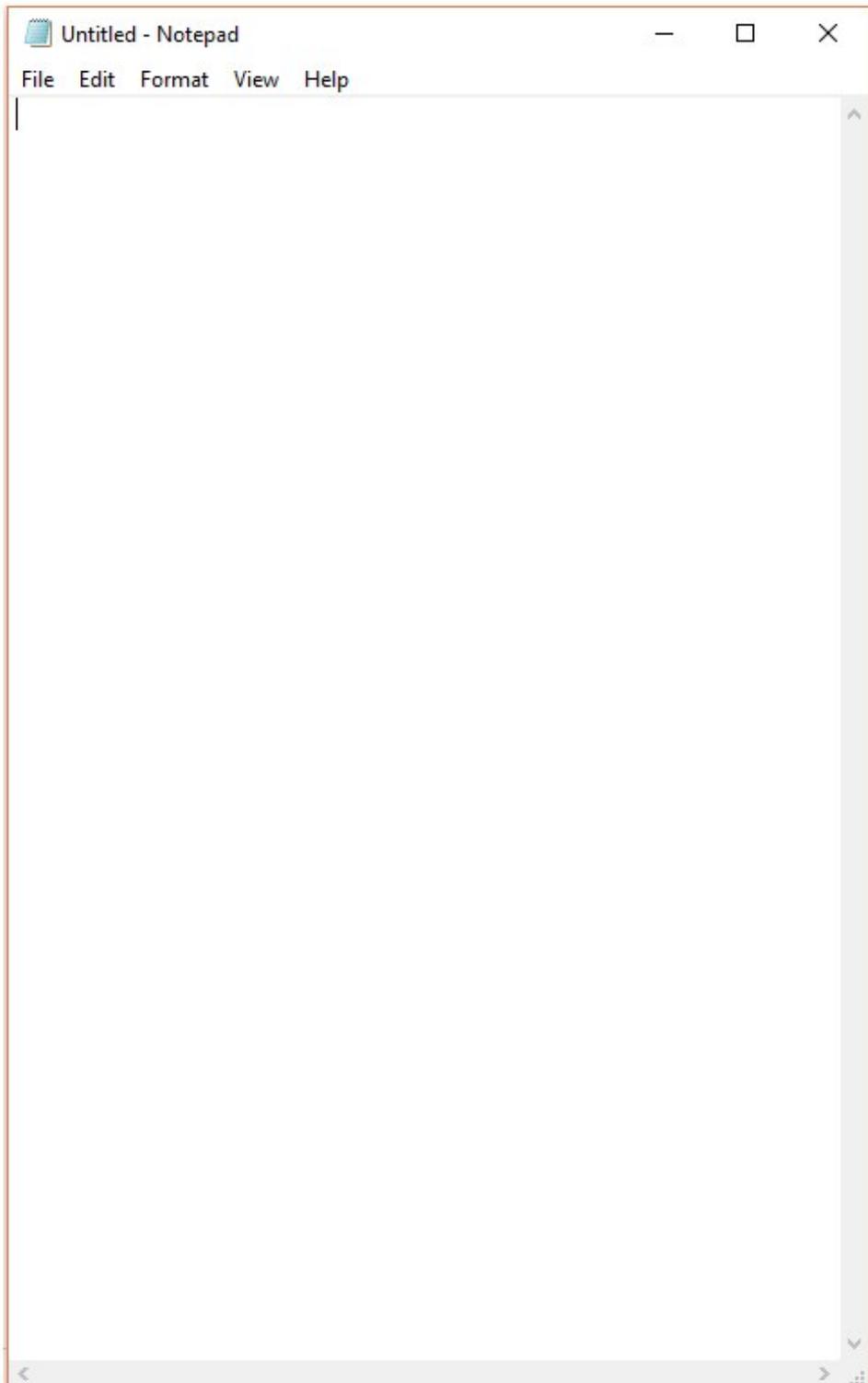


Territorial Acknowledgement

In the spirit of reconciliation, we acknowledge that we live, work and play on the traditional territories of the Blackfoot Confederacy (Siksika, Kainai, Piikani), the Tsuut'ina, the Îyâxe Nakoda Nations, the Métis Nation (Region 3), and all people who make their homes in the Treaty 7 region of Southern Alberta.

We are specifically learning and working today on the lands stewarded by the Tsuut'ina Nation, and we are grateful for the opportunity to be in this place to move forward together in the pursuit of knowledge and a better future for us all.





Acknowledgements

On behalf of the planning committee we would like to thank all of our presenters for generously sharing their experience and expertise with us. We are all aware of how rapidly our lives have changed in recent years; sharing knowledge and best practice in ways that are equally connected and responsive is necessary for us to ensure that technology remains assistive and amplifying.

Thanks as well to the frontline service providers, parents and caregivers who are here today to share your personal experiences and understandings; together we represent a system of individuals who will move forward with new knowledge to create a more connected world for children and families.

Special appreciation to the cross-sector and community partners who made this day possible, and to the planning committee: Blythe Butler—First 2000 Days Network, Phil Carlton—First 2000 Days Network, Krista Carter—ECCA Coalitions, Steacy Collyer—Calgary Reads, Siju John—AHS, Warren Johnson—CBE, Liz MacKay—RCSD, Alex May—First 2000 Days, Margaret Maxwell—RCSD, Brenda McInnis—Providence, Sandra Patton—CBE, Janice Popp—RCSD, Tannis Sigfusson—Children’s Link, Kim Tackaberry—CRC, Liana Tempany—CSSD, Janelle Wydeven—CBE.



Daytime Agenda

8:15 am	Gathering and Refreshments	
9:00 am	Opening Remarks Territorial Observance and Ceremony	Emcee Blythe Butler – First 2000 Days Network Weaver Elder Host
9:15 am	A Brief History of Screens	Margaret Maxwell – RCSD Early Childhood System Connector
9:30 am	Keynote	Dr. Sheri Madigan – U of C, ACH
10:15 am	Break	
10:30 am	Language & Literacy Panel Presentation	Panel Moderator: Vicki Cooke – Provincial RCSD 0-6 Coordinator <ul style="list-style-type: none"> • Steacy Collyer – CEO Calgary Reads • Brae Anne MacArthur – PhD Clinical Psych U of C • Jacqueline Roy – SLP AHS
11:30 am	Facilitated Table Talk	Blythe Butler
12:00 pm	Lunch and Networking	
1:00 pm	Health Panel Presentation	Panel Moderator: Brenda McInnis – Vice President Providence <ul style="list-style-type: none"> • Dr. Joanna MacLean – U of A, Stollery Children’s Hospital • Francine Abma-Vink– MSW, RSW GI Clinic ACH • Laura Addington – MSc OT, CBE
2:00 pm	Facilitated Table Talk	Blythe Butler
2:45 pm	Physical Literacy Presentation	Stephanie Won – Business & Policy Planner, Calgary Recreation
3:15 pm	Wrap Up	Blythe Butler
3:30 pm	Adjournment	

American Academy of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

Children and Media Tips from the American Academy of Pediatrics

<https://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/Pages/Children-and-Media-Tips.aspx>



Why 'Screen Time' Doesn't Really Mean Anything Anymore

April 6, 2013

https://www.huffpost.com/entry/screen-time_b_2607681

Deborah Gilboa, MD



UNIVERSITY OF CALGARY

Excessive screen time linked to preschool learning delays

January 28, 2019

Heath McCoy

<https://www.ucalgary.ca/news/excessive-screen-time-linked-preschool-learning-delays>

Resources

The New York Times

Is 'Digital Addiction' a Real Threat to Kids?

May 20, 2019

Perri Klass, M.D.

<https://www.nytimes.com/2019/05/20/well/family/is-digital-addiction-a-real-threat-to-kids.html>



Screen Time and Kids – 5 Recommendations

November 6, 2017

Chris McKenna

<https://protectyouneyes.com/screen-time-kids-parental-control-5-recommendations/>



Screen Time vs Green Time

Accessed September 16 2019

Jill Sturdy

<https://naturecanada.ca/enjoy-nature/for-children/screen-time-vs-green-time/>

Daytime Session Descriptions

Keynote Session – Dr. Sheri Madigan

- Understanding how social stressors and adversities can influence children’s early social, emotional and cognitive development, and the impact screentime is having our youngest learners.

Panel Presentation Language & Literacy

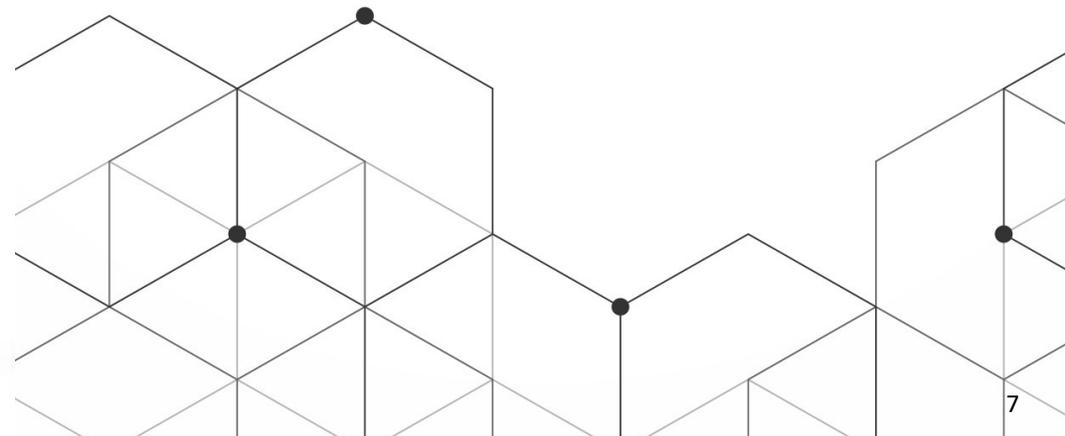
- Reading in the Age of Distraction
- Social, Emotional and Educational Skills: Developmental Outcomes
- Screentime and its Effects on Language Development

Panel Presentation Health

- Breathing and Sleeping Issues in Childhood
- UNPLUG: Factors Impacting Childhood Constipation
- Impact of screen use on growing bodies

Workshop

- Physical Literacy: An Interactive Conversation



Evening Agenda

6:00 pm	Gathering and Refreshments	
6:30 pm	Opening Remarks	Janet Eremenko – First 2000 Days Network
6:35 pm	Setting the Context	Dr. Sheri Madigan
6:45 pm	Panel Presentation: Language, Literacy and Health	Facilitator: Brenda McInnis <ul style="list-style-type: none"> • Dr. Joanna MacLean – U of A, Stollery Children’s Hospital • Francine Abma-Vink – MSW, RSW • Bethany Brewin – OT Providence • Rachel Eirich – MSc Clinical Psych U of C
7:30 pm	Parent Café <i>Guided discussions around the presentation information, conducted at each conference table with all attendees</i>	Lead: Jill Koch – Calgary Reads, First 2000 Days Network
8:15 pm	Closing Remarks	Janet Eremenko
8:30 pm	Adjournment	



Kids And Screen Time: What Does The Research Say?

August 28 2014

<https://www.npr.org/sections/ed/2014/08/28/343735856/kids-and-screen-time-what-does-the-research-say>

Juana Summers



How and When to Limit Kids' Tech Use

Accessed September 19 2019

Melanie Pinola

<https://www.nytimes.com/guides/smarterliving/family-technology?smid=nytcore-ios-share>



Screen test: How kids use digital devices is more important than amount of time spent, new guidelines say

June 6, 2019

<https://www.theglobeandmail.com/canada/article-canadian-paediatric-society-releases-new-digital-screentime-guidelines/>

Kelly Grant

Resources



CANADA'S CENTRE
FOR DIGITAL AND
MEDIA LITERACY

<http://mediasmarts.ca/>

MediaSmarts is a Canadian not-for-profit charitable organization for digital and media literacy. Their vision is that children and youth have the critical thinking skills to engage with media as active and informed digital citizens.



**The Alberta
Teachers' Association**

[For%20Members/
ProgramsandServices/
ATALibrary/Pages/
Educational-
Technologies.aspx](#)

The Alberta Teachers' Association Resource Page for Educational Technologies



Canadian
Paediatric
Society

[https://www.cps.ca/en/
documents/authors-auteurs/
digital-health-task-force](https://www.cps.ca/en/documents/authors-auteurs/digital-health-task-force)

Position statements convey the opinion and recommendations of the Canadian Paediatric Society. They provide guidance to health care practitioners and policy makers on issues relevant to the health and well-being of Canadian children and youth.

Evening Session Descriptions

Panel Presentation: Health & Literacy

- Breathing and Sleeping Issues in Childhood
- UNPLUG: Factors Impacting Childhood Constipation
- Impact of Screen Use on Growing Bodies
- Parent-Child Interactions and the Impact of Screentime

Parent Café

A Parent Café creates a space for the important adults in a child's life to care, connect, and learn together through conversation. Parent Café is an adaptable resource to spark and support strength-based conversations around how we can best support healthy development, literacy, and learning.



Francine Abma-Vink

Francine is a Medical Social Worker for the Alberta Children's Hospital Gastroenterology Clinic. Francine's twenty-year social work career has included working in acute adult care, child abuse treatment, community-based care and pediatrics. For the last 13 years her focus has been on providing assessment, consultation, counselling and advocacy to patients and their families with complex gastrointestinal health needs. Francine is also trained and experienced in the use of hypnosis for pain with pediatric patients. Francine has been a member of Dr Iwona Wrobel's UNPLUG project which aims to provide timely and consistent intervention for pediatric functional constipation.



Laura Addington

Laura Addington has worked as an occupational therapist in school and home based settings for the past seven years. She uses an occupation focused approach when collaborating with clients and team members and has extensive experience in supporting children to engage fully in their daily lives. She enjoys exploring evidence based knowledge and advocating for the integration of play into the lives of children and families. Laura has co-authored one children's book, and enjoys exploring creative projects that foster connection and curiosity.



Bethany Brewin

Bethany Brewin is an experienced Occupational Therapist who works with the Community Services Supported Childcare program at Providence. She enjoys working with Educators in a variety of childcare settings to collaborate and problem solve around how to help children develop physical, social and emotional skills both in classroom, and in the community. She has a special interest in promoting "Physical Literacy" and can often be found enjoying the outdoors: hiking, biking, skiing, skating, swimming and camping with her family.



Emcee: Blythe Butler

Blythe's practice focuses on change management, evaluation, and capacity building to support the development of adaptive learning cultures within organizations and collaboratives. Her current work is focused on the development of several nonprofit sector collaboratives, using network analysis, developmental evaluation and capacity building to improve process (systems) outcomes. She currently sits on the boards of The Human Venture Institute and Bolivia Kids. She holds a BComm in Finance and International Development from the University of Alberta, studied Journalism at Carleton University and Design Marketing at Parsons in New York City.

To promote healthy digital media use, the CPS recommends that parents:

Manage screen use: Make a family media plan; be present and engaged when screens are used; speak proactively with teens about acceptable and unacceptable online behaviours.

Encourage **meaningful** screen use: Prioritize face-to-face interactions, sleep, and physical activity over screen use; choose developmentally appropriate content; be part of their children's digital lives; and prioritize screen use that is educational, active, or social. **Model** healthy screen use: Have daily "screen-free" times; turn screens off when not in use; turn screens off at least an hour before bed; do not text while driving or biking.

Monitor for problematic screen use such as: complaints about being bored or unhappy without access to digital technology; challenging behaviours in response to screen time limits; screen use or time that interferes with face-to-face interaction, physical activity, school, or sleep; negative emotions after using social media, texting, or playing video games.

This position statement was funded with an unrestricted grant from TELUS Wise. A position statement on screen use and young children (0-5) was published in 2017.

For more information or to schedule an interview, please contact:

Genevieve Brouillette
Media Relations Specialist
Canadian Paediatric Society
613-526-9397, ext. 247
media@cps.ca

About the Canadian Paediatric Society:

The Canadian Paediatric Society is a national advocacy association that promotes the health needs of children and youth. Founded in 1922, the CPS represents more than 3,300 paediatricians, paediatric subspecialists and other child health professionals across Canada.

Originally published on www.cps.ca

Permalink: <https://www.cps.ca/en/media/promoting-healthy-screen-use-in-children-and-teens>



Canadian
Paediatric
Society

Don't leave kids to their own devices: Promoting healthy screen-use in children and teens

June 6 2019

TORONTO - Digital media are part of everyday life for children and adolescents. While most Canadian parents are concerned about how much time their children spend with digital devices, how screens are used is as important as how much they are used. That's the message in a new position statement from the Canadian Paediatric Society.

The statement, released today, outlines the potential benefits and risks of digital media for children and adolescents over the age of 5. For school-aged children (5-12 years old), high-quality, immersive programming that is co-viewed with family can be educational and promote positive social skills. Children this age, however, appear to be more vulnerable to negative outcomes from heavy screen use, including depressive symptoms.

While adolescents who spend a moderate amount of time on digital technology benefit from online friendships, studies show negative effects associated with zero use or excessive use.

Screen use close to bedtime can also negatively impact sleep, and excessive use is correlated with increased sedentary time, weight gain, and body image concerns.

The statement encourages parents to be aware of what their children and teens are doing online, to be as involved as possible, and to moderate their own screen time.

"Each child or teen – and each family – has different needs. So it's more useful to focus on how screens are being used and ensuring that screen-use isn't interfering with other aspects of their life," said Dr. Michelle Ponti, a paediatrician in London, Ontario and chair of the CPS Digital Health Task Force.

We need to prioritize school activities, physical activity, sleep, and social activities like family meals "before reaching for a device."

facebook



Steacy Collyer

The children's book *What Do You Do With An Idea?* is a favourite of Steacy's, whose own idea is to change the world by helping youngsters read with confidence and joy. Calgary Reads, a research-driven, collaborative approach to children's literacy ensures that young children experience the magic of regular read alouds. A self-described "possibilitarian," Collyer and her team look for novel ways to promote children's literacy. The newest idea, *The Children's Reading Place & Book Bank*, has enabled Calgary Reads to give more than 75,000 books to children over the last two years.



Vicki Cooke

Vicki is currently working as the Early Learning Coordinator with the Regional Collaborative Service Delivery (RCS) Provincial Office at Alberta Education. Vicki has worked in the field of education for over 30 years. She has worked as a classroom teacher, a program coordinator and an educational consultant. Vicki is a champion for collaborative partnerships that help to align community supports and services for young children and their families.



Rachel Eirich

Rachel Eirich is a master's student in Clinical Psychology at the University of Calgary with support from a Social Sciences and Humanities Research Council Canada Graduate Scholarship and a Faculty of Graduate Studies Master's Research Scholarship. She received her Bachelor of Arts degree in Psychology from the University of Calgary and a Bachelor of Fine Arts degree in Painting from the Alberta University of the Arts. Her research focuses on parent-child interactions and the impact of young children's screen time on their language development and behaviour. With the findings from her research, she hopes to improve child and family outcomes.



Emcee: Janet Eremenko

Janet Eremenko spent eight years at Vibrant Communities Calgary, most recently as a Senior Policy Strategist. She passionately advocates to address the root causes of poverty through systems and policy change in Calgary and Alberta, focusing on research and analysis of early learning and child care, social entrepreneurship, living wages and justice reform. She also worked to advance and support advocacy efforts for the First 2000 Days Network, including the coordination of a campaign to establish an integrated approach to early childhood development by the Government of Alberta.



Jill Koch

Jill is experienced in community development and adult education both in Canada and internationally. Her interest in integrating principles and approaches of community development in the educational context inspired the inception of Community Assets for Education Institute, an Alberta not-for-profit dedicated to bringing family, school and community together in support of learning from 2008 to 2018. A key focus for the Café Institute was the development of a body of Parent Café resources designed to guide strength-based conversations in support of early childhood development, literacy and learning.



Dr. Joanna MacLean

Dr. MacLean is an Associate Professor and Clinician-Scientist in the Department of Pediatrics at the University of Alberta. She is Paediatric Respiriologist, Sleep Medicine Specialist, and the Medical Director for the Pediatric Sleep Laboratory at the Stollery Children's Hospital. Both her clinical practice and research focus on understanding breathing and sleep problems in children. She is an author on more than 60 peer-reviewed manuscripts, a member of the provincial Sleep Disorders Working Group, and is leading a national initiative to establish guidelines for the diagnosis of obstructive sleep apnea in children.



Keynote: Dr. Sheri Madigan

Dr. Madigan is an Associate Professor and Canada Research Chair in the Department of Psychology at the University of Calgary and the Alberta Children's Hospital Research Institute. She is the director of the Determinants of Child Development Lab, a lab dedicated to understanding the various social and environmental factors that shape children's early development. Her work has been widely covered in the media, including The New York Times, The Globe and Mail, TIME, BBC, The Guardian, and CBC. Dr. Madigan is also the child development expert for CTV Morning Live Calgary, providing monthly segments on topics related to parenting and child development.



Margaret Maxwell

Margaret joined the Calgary and Area RCSD as the Early Childhood System Connector full time August 2018. She has extensive experience as an educator, retiring after 33 years of teaching, and system-level involvement with children and students with complex needs, was responsible for PUF K and Pre-K in the CBE, and was formerly an Early Learning Specialist. Margaret has a primary focus on supporting connections in the RCSD partner systems, early childhood services, and strategic community representatives.



Dr. Brae Anne McArthur

Dr. Brae Anne McArthur is a postdoctoral research fellow at the University of Calgary working in the Determinants of Child Development Lab. She received her Ph.D. in Clinical Psychology: Applied Developmental Emphasis from the University of Guelph and completed her internship in Clinical Child and Pediatric Psychology at Alberta Children's Hospital. Dr. McArthur's current research focuses on understanding the impact of screen time on child development outcomes (e.g., social, emotional, educational). Her fellowship is funded by the Alberta Children's Hospital Research Institute (ACHRI).



Facilitator: Brenda McInnis

Brenda McInnis is Vice President, Community Services at Providence, overseeing the operation and implementation of a number of programs supporting young children. She is a member of the Calgary and Area Regional Collaborative Service Delivery Leadership team and is an active supporter of collaborative partnerships to deliver timely and effective services. Brenda spends much of her spare time volunteering for a variety of cross ministry initiatives with Alberta Health Services including various Patient and Family Centred Care committees, Children with Complex Medical Needs Initiative and Connect Care Provincial Patient Advisory Council. She is passionate about family voice and presence in all aspects of their child's life.



Jacqueline Roy

Jacqueline is a registered SLP with AHS's Preschool Speech and Language Services program. She holds a Master of Science in Human Communication Disorders, as well as a certificate in Francophone practice. Jacqueline has over 20 years of experience working with the paediatric population. In recent years, she has focused on improving her understanding of the links between screen time and its impact on language development in young children. She is passionate about educating others about the risks of screen time and is a strong advocate for increased child interaction, engagement, and participation to support a child's language and social development.



Stephanie Won

Stephanie has over thirty five years of experience as a recreation professional and leads a team that is responsible for integrating adventure play and physical literacy into Calgary Recreation's programming. She is a passionate advocate for increasing adult capacity to raise children that are physically literate and physically active.