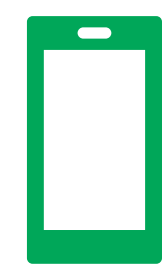


INTRODUCTION



- Parents check smartphones on average 67 times daily (Yuan et al., 2019).
- Parents frequently use their phones while spending time with their children. (Mcdaniel et al., 2023).
- Parents using smartphones are often less sensitive and responsive to children's needs (Braune-Krickau et al., 2021; Kildare & Middlemiss, 2017).
- Problematic smartphone use by parents, which refers to excessive preoccupation with these devices, and its impact on child socio-emotional development remains understudied.

OBJECTIVE: To examine prospective longitudinal associations between problematic smartphone use by parents when their child was 3.5 and child expressions of sadness by age 5.5.

METHOD



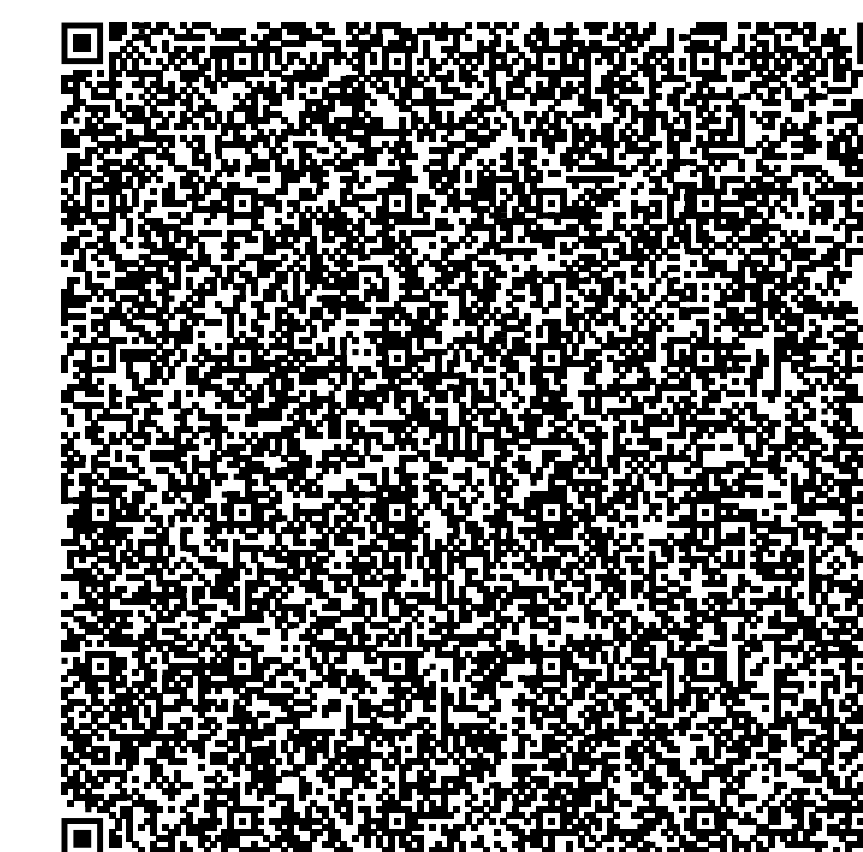
- N=315 families from Nova Scotia, Canada.
- 93% mothers (Child: 54% boys)
- Predictor: Parent problematic smartphone use (age 3.5). Built with 5 items (see items in the figure).
- Outcome: NIH Sadness (age 5.5). 7 items, e.g., “Feels worthless or inferior.”
- Control: Baseline Child Anger and frustration (CBQ). 6 items, e.g., “Has temper tantrums when s/he doesn't get what s/he wants” and Parenting stress (PSI-4 SF). 12 items, e.g., “When I do things for my child, I get the feeling that my efforts are not appreciated very much”).

DISCUSSION

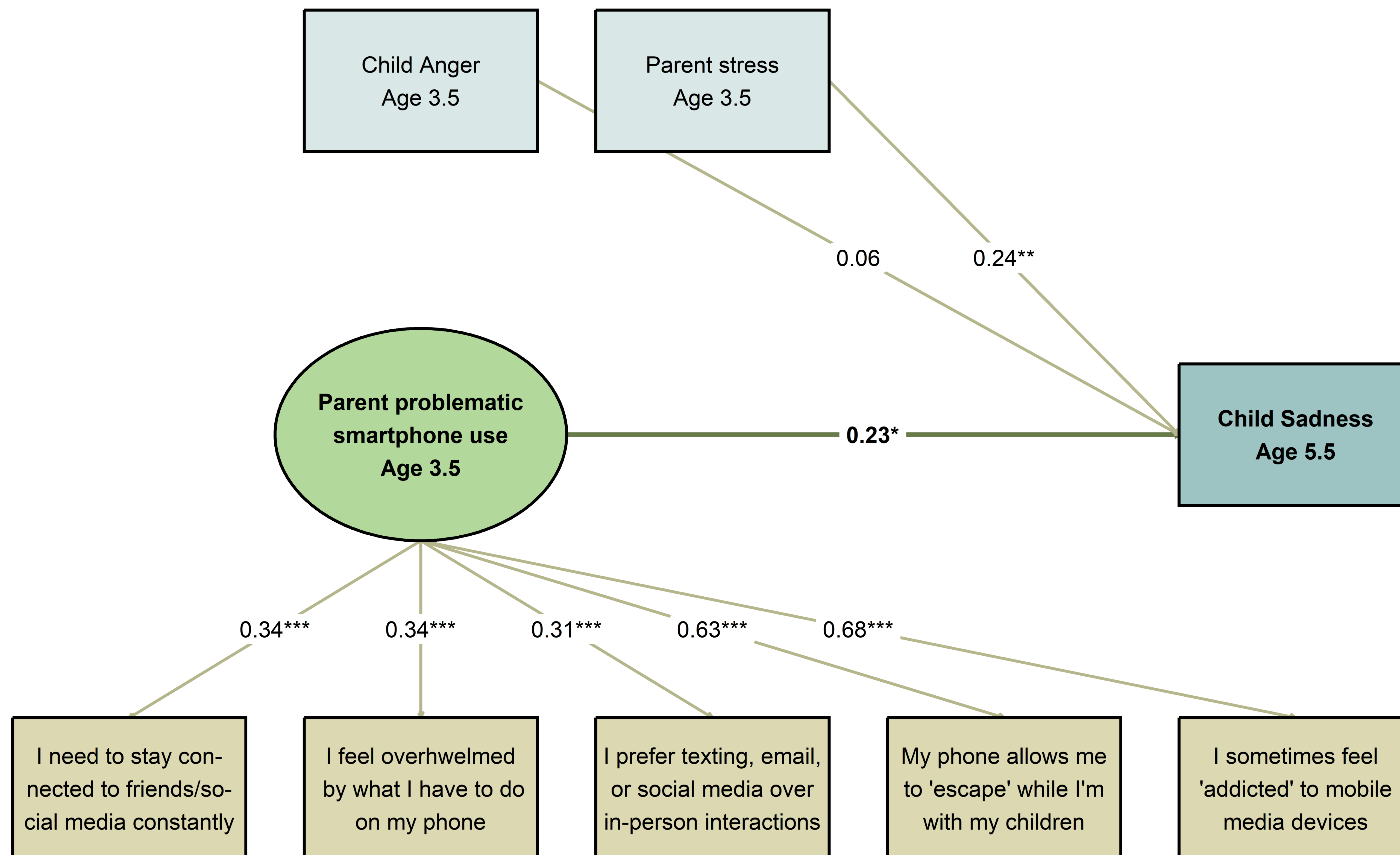


- Parental problematic smartphone use is associated with increased child expressions of sadness two years later.
- This work draws attention to the possible impact of broader family media habits on child emotional development
- Limits include the use of parent self-report of smartphone use and child expressions of sadness
- Strengths include its prospective longitudinal design.
- Parents’ dysfunctional smartphone use during early childhood could potentially impair parental practices related to child socio-emotional learning.

REFERENCES



TALK TO ME



Notes. * $p < 0.05$, ** $p < 0.01$, *** $p < 0.001$; Standardized regression coefficients are presented.