

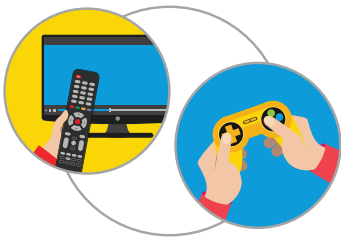
# THE LONG-TERM EFFECTS of Screen Time on Cognitive Abilities

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## INTRODUCTION

Screen time (ST) comprises sedentary activities



ST affects children's cognitive development



Limiting ST to 1 hour a day in preschool-aged children

## RESEARCH QUESTION



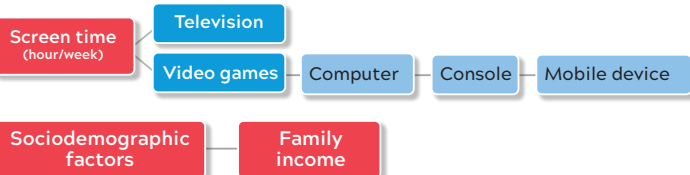
Does limiting ST to 1 hour a day in preschool-aged children ensure optimal cognitive abilities at school age?

## METHOD

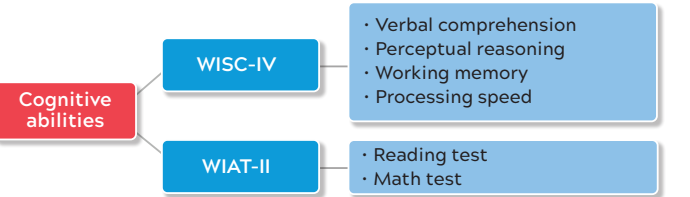


Database of 4 and 7 years old children (Bigras, 2009-2011).

Mother's report questionnaire  
 4 years old



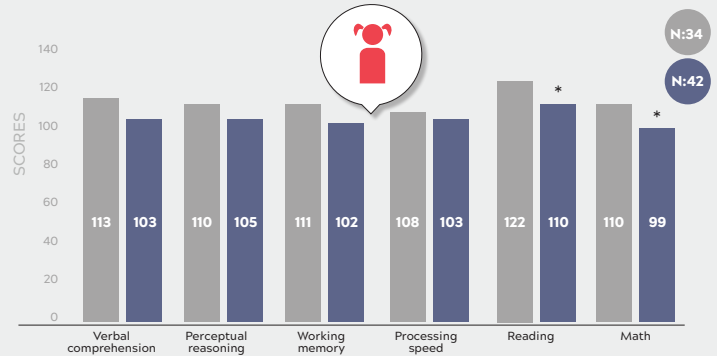
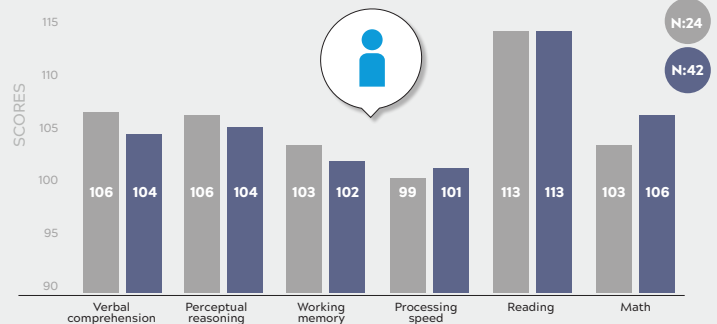
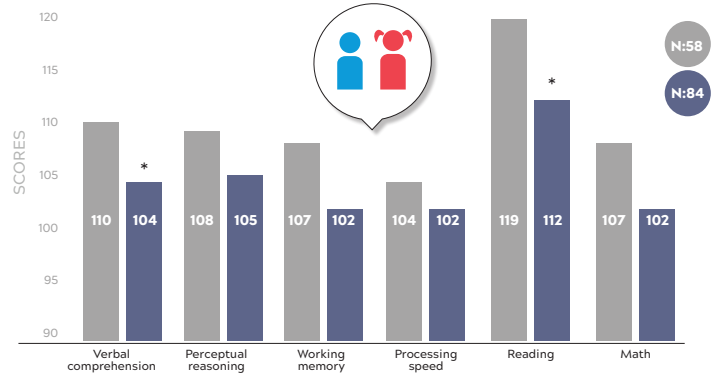
Psychometric tests  
 7 years old



## RESULTS

■ 1 hour or less of ST per day ■ More than 1 hour of ST per day

### SCREEN TIME AT 4 YEARS OLD AND COGNITIVE ABILITIES AT 7 YEARS OLD



## CONCLUSIONS

Preschoolers' ST is associated with certain cognitive abilities at school age.

Limiting preschoolers' ST to 1 hour a day is a valid way of contributing to optimal cognitive development in the long term especially for...

language skills

WHY?

ST decreases family literacy activities and real and contingent interactions between children and adults.



and for

girls

WHY?

Difference between ST activities



Passive ST activities



Active and interactive ST activities that demand more cognitive effort.

## REFERENCES

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