

Evidence Based Parenting

Common Anticipatory Guidance from Physicians

Heather Kovich, MD
Northern Navajo Medical Center
Shiprock, NM

Objectives

Intro

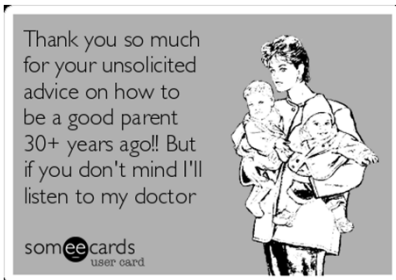
Anticipatory
Guidance
Infant Sleep
Car Seats
Screen Time

- To understand
 - ♦ The impact of anticipatory guidance from physicians
 - ♦ Evidence behind sleep training for infants
 - ♦ The importance of car seats, booster seats, and seatbelt laws
 - ♦ The controversy about young children and screen time

Anticipatory Guidance

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Future



<http://www.someecards.com/usercards/viewcard/thank-you-so-much-for-your-unsolicited-advice-on-how-to-be-a-good-parent-30-years-ago-but-if-you-dont-mind-ill-listen-to-my-doctor-2155>

Parents Like It

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- More topics (up to 6) increase parental satisfaction
- 1/3 of parents would be willing to pay more to get more anticipatory guidance
 - Arch Pediatr Adolesc Med. 2000 Dec;154(12):1191-8.
 - 25 min telephone survey of 2k parents of 0-3 yo in 1995-96

Does It Work?

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- ♦ Maybe, but outcomes are intermediate
 - Curr Opin Pediatr. 2003 Dec;15(6):630-5. Systematic review.
 - Parents know more about development but no change in development
 - Better safety behavior, no change in major injuries or trips to the ED
 - More seat belt use
 - Lots of data for "Reach Out and Read"
 - Improves language development in children

Does It Work?

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- ♦ Fewer well child visits = no health impact
 - 2 trials with 700 randomized children, half as many well child visits: no difference in health, parental satisfaction, parental anxiety
 - Additional nurse visits for vaccinations
 - BMJ. 2001 Oct 13;323(7317):846-9.

Parents Forget Advice

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Went to doctor for fatigue, forgetfulness and inability to concentrate, and I was diagnosed with Motherhood.



someecards
user card

<http://www.someecards.com/usercards/viewcard/MjAxMy1hNWNTMwYjgzOWYyODcw>

Parents Forget Advice

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- More than 8 topics per visit – parents start to forget
 - ♦ When asked by phone 1 month later
 - *Ambul Pediatr.* 2005 Nov-Dec;5(6):372-6.

Lots of Recommended Topics

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- 8 might seem like a lot, but Bright Futures recommends
 - ♦ 21 topics to be discussed at first newborn visit
 - <https://brightfutures.aap.org/Bright%20Futures%20Documents/CoreTools2-5DayVisit.pdf>
 - ♦ 16 different topics at next visit
 - <https://brightfutures.aap.org/Bright%20Futures%20Documents/CoreTools1MonthVisit.pdf>

We're not counseling on all topics

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- ◆ Survey of 900 pediatricians
 - 11% were counseling on all 6 topics in the survey.
 - Less than half regularly counseled on more than 2 topics.
 - *Pediatrics*, 2002 May;109(5):E83-3.
- ◆ 2 medical students observed 500 well child visits
 - Clinicians addressed 42% of BF anticipatory guidance topics, took 8.6 min of a 20 min visit (mean)
 - *Acad Pediatr*, 2011 Jan-Feb;11(1):18-26.

The Take-Home

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- Parents like it.
- There are too many things for us to talk about or for them to remember.
- It doesn't have a large impact on child health, but it can impact knowledge and behaviors.

Sleeping

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Mommy, I'm sorry
you're tired.

Just kidding.
I don't care.



someecards
user card

<http://www.someecards.com/usercards/unsuubmitted/MjAxM2Y0OTgxMTMzNW12M2UxODdm>

Sleep: Normal or Problem?

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- 42% of 9 month olds awoken regularly at night
 - [J Adv Nurs](#), 1996 Nov;24(5):938-42.
- Up to 46% of parents report infant sleep problems
 - [Med J Aust](#), 2005 Mar 7;182(5):215-8.
- Bedtime problems and frequent night waking are highly prevalent... occurring in approximately 20-30% of infants, toddlers, and preschoolers
 - [Sleep](#), 2006 Oct;29(10):1263-76.
- For infants and toddlers, night wakings are one of the most common sleep problems, with 25% to 50% of children over the age of 6 months continuing to awaken during the night.
 - [Sleep](#), 2006 Oct;29(10):1263-76.

Drowsy But Awake

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- Placing your baby in the crib when he is drowsy but not asleep will help your baby learn that he can go to sleep on his own. Then, when he awakens at night, he will be more likely to be able to go back to sleep without your help.
 - <https://brightfutures.aap.org/Bright%20Futures%20Documents/15-Infancy.pdf>
- Recommended guidance at 1, 4, and 6 month visit

Internet forums

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<http://www.whattoexpect.com/forums/july-2011-babies/topic/putting-down-drowsy-but-awake-yeah-right.html>

Internet Forums

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From February 2009 Birth Club

Put baby down "drowsy but
awake"....WTF?!?!?!?!?



savillia

Posted 05/06/2009

Ok, so everything I have read says to put baby down for naps and pm "drowsy but
awake." I've tried this many, many times and LO either wakes right up (and then

http://community.babycenter.com/post/a9055075/put_baby_down_drowsy_but_aware....wtf

Drowsy But Awake: Evidence?

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- Never studied alone
- Part of many multi-component sleep interventions
 - Studies generally involve
 - Initial face-to-face intervention
 - Printed information (book/handout)
 - Regularly scheduled supportive visits or phone calls
 - Parents keep detailed diaries
 - Full time caregiver at home for first 12 weeks.

Sleep Counseling: Evidence?

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- Studies usually limited by
 - Small size (n=11 to n=200)
 - difficult recruiting subjects (1/4-1/3 of recruited families actually enroll)
 - short follow up periods
 - don't evaluate for sleeping vs feeding difficulties
 - The printed information is not published or freely available

Systematic Review

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- 43 studies (1993-2013); infants <6mo
 - 2 larger RCT showed small increase in sleep duration, but no decrease in crying time
 - [J Dev Behav Pediatr](#). 2013 Sep;34(7):497-507.
 - Overall, no significant benefit to sleep programs.

Metaanalysis

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- Subject: postnatal parental education
 - Measurable outcome = sleep
 - 4 studies met their inclusion criteria
 - 2 studies showed benefit; 90% weighted results from one study
 - Showed 29 min more nighttime sleep at 6 weeks
 - No difference in crying time
 - 20% attrition
 - 1 study with no benefit showed more maternal anxiety in intervention group
 - [Cochrane Database Syst Rev](#). 2013 Nov 28;11:CD004068.

Recent Evidence

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- RCT; n=123
 - Actigraph for objective maternal/infant sleep measurement
 - Intervention similar to other studies
 - No statistically significant difference
 - Amount of maternal/infant sleep at 6, 12 wks
 - Number of nighttime awakenings
 - Subjective morning fatigue
 - Depressive symptoms on Edinburgh scale
 - [BMJ](#). 2013 Mar 20;346:f1164.

Recent Evidence

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- 60% in both groups sought information from other sources:
 - ◆ 41% books
 - ◆ 35% internet
 - ◆ 35% other mothers
 - ◆ 14% physician
 - [BMJ](#). 2013 Mar 20;346:f1164.

Good news: It Gets Better

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- 483 first-borns; prospective trial
 - ◆ 2 wks through 24 months.
 - Prevalence of sleep problems at
 - ◆ 8, 12, 18, and 24 months was
 - ◆ 21, 16, 10, and 12%, respectively
 - 6.4% had a problem at > or =3 of these ages.
 - ◆ [Pediatrics](#). 2006 Mar;117(3):836-42.

The Take-Home

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- No data to support drowsy-but-awake or other sleep hygiene counseling for infants
 - It's normal, but it gets better

Car Seats

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- “If I had to choose the single worst aspect of parenting in the first year of a baby’s life, I have a very simple answer: the f***ing car seat. Every aspect of it—choosing one, buying it, installing it, removing it, putting it into another car, strapping a screaming baby into it—is totally maddening and utterly exhausting.”

<http://www.theawl.com/2015/03/the-car-seat>

Rear Facing Until Age 2

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- “Parents wrestle with rear facing car seat advice”
 - ♦ The Washington Post, Sept 24, 2011
 - “Do any of the folks who studied this have small children?”
 - “Have they tried to keep a squirrely, anxious and frustrated 18-month-old rear-facing?”
 - “This is silly...It would also increase safety to wrap kids in bubble wrap.”

Car Accidents = Common Cause of Death in Children

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Causes of Unintentional Injury Death in Children, 2009

Rank*	Age <1	Ages 1–4	Ages 5–9	Ages 10–14	Ages 15–19
1	Suffocation 907 (77%)	Drowning 450 (31%)	Motor Vehicle (MV) Traffic 378 (49%)	MV Traffic 491 (68%)	MV Traffic 3,242 (67%)
2	MV Traffic 91 (8%)	MV Traffic 363 (25%)	Drowning 119 (15%)	Transportation – Other 117 (15%)	Poisoning 715 (15%)
3	Drowning 45 (4%)	Fire/Burns 169 (12%)	Fire/Burns 88 (11%)	Drowning 90 (10%)	Drowning 279 (6%)
4	Fire/Burns 25 (2%)	Transportation – Other 147 (10%)	Transportation – Other 58 (9%)	Fire/Burns 53 (6%)	Transportation – Other 203 (4%)
5	Poisoning 22 (2%)	Suffocation 125 (9%)	Suffocation 26 (3%)	Suffocation 41 (5%)	Fall 58 (1%)

<http://www.cdc.gov/safecchild/NAP/background.html>

Common but Declining

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- In children < 16 yo
 - ♦ 1500 deaths/yr
 - ♦ >50% are completely unrestrained
 - ♦ **1998-2008 deaths declined 45%**
- For each fatality
 - ♦ 18 children hospitalized
 - ♦ 300 receive medical treatment
- <http://pediatrics.aappublications.org/content/pediatrics/early/2011/03/21/peds.2011-0215.full.pdf>

Restraint Use Increasing Since 1995

Intro

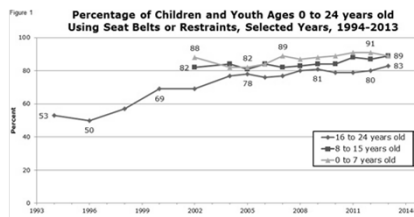
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- Restraint use for adults was 60%; now 87%
- Also increasing for children:



<http://www.childtrends.org/?indicators=seat-belt-use>

Patterns of restraint use

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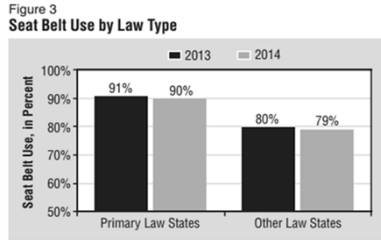
Screen Time

- We're good about putting kids in restraints
 - ♦ 99% restraint use among infants < 1y
 - ♦ 92% 1-3 yo
 - ♦ 89% 4-7 yo
- Restraint use children driven by
 - ♦ belted driver = 92%
 - ♦ **Unbelted = 54%**

<http://pediatrics.aappublications.org/content/early/2011/03/21/peds.2011-0215>

We're Good At Wearing Seatbelts

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(Source: NOPUS)

<http://www-nrd.nhtsa.dot.gov/Pubs/812113.pdf>

Primary Enforcement Works

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- Non-use of restraints by 13–15 year olds
 - ♦ 10.8% in secondary enforcement states
 - ♦ 3.6% in primary enforcement states
 - *Accid Anal Prev.* 2007 May;39(3):524-9.

Primary Laws vs Secondary Laws

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<http://www.iihs.org/iihs/topics/laws/safetybeltuse/mapbeltenforcement>

Car Seats Help

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- Compared with no restraints:
 - ♦ Car seats reduce the risk of death by
 - 71% for infants
 - 54% for toddlers ages 1-4 years.
 - ♦ Booster seats reduce the risk for serious injury by
 - 45% for children ages 4-8 years.
- <https://www.aap.org/en-us/advocacy-and-policy/state-advocacy/Documents/CPS.pdf>

Rear Facing Until Age ____

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- BMJ: 4 yo
 - [BMJ, 2009 Jun 11;338](#)
- Sweden: 4 yo
 - ♦ Don't actually have forward facing car seats, only FF booster seats
 - [BMJ, 2009 Jun 11;338](#)
- AAP: 2 yo
 - [Pediatrics, 2011 Apr;127\(4\):788-93.](#)
- US State Laws: 1 yo
 - ♦ Except NJ, OK; CA 1/2017
 - http://www.ghsa.org/html/stateinfo/laws/child_safety_laws.html

Rear Facing - Theory

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- Most car accidents = forward collisions
- Rear facing seats distribute force over greater surface area
- Support head and neck better
- Children have relatively bigger heads, weaker necks
 - ♦ [Annu Proc Assoc Adv Automot Med. 2007;51:169-80.](#)

Crash Test Dummies

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- 12mo, 18mo, 36mo size dummies
 - US and Euro forward and rear facing car seats, forward collision at 30 mph
- RF Euro seats: lowest risk of injury
- US designs:
 - RF US seats had the worst head and chest injury measures, but only significant compared to Euro RF seats
 - FF US seats worse for neck measures, but this has been shown to be inconsistent b/n dummies and real bodies
 - Huge discrepancy between US designs
 - [Annu Proc Assoc Adv Automot Med, 2007;51:169-80.](#)

Europe vs US Car Seats

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Pictures of a RF US design with flexible lower webbing, and a RF European design with rigid ISOFIX connectors and support leg.

Europe vs US Car Seats

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- US: 2 point belt attachment (LATCH); European = 3 point rigid (ISOFIX)
- European RF seats have a floor prop, US seats optional: have to pass crash tests without it
- Some European countries and Canada require a tether to limit rebounding, US does not
- US car seats go through testing for front end collisions at 30 mph (NHSTA considering side-impact testing)
- European seats are tested for front, rear, and overturning
- US car seats have to "pass" testing, but results do not have to be posted.

Rear Facing

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- “A 2007 article in Injury Prevention showed that 1-2 year olds were 5 TIMES SAFER riding rear facing than forward facing.”
 - ♦ www.thecarseatlady.com

Rear Facing Evidence

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- [Inj Prev.](#) 2007 Dec;13(6):398-402.
 - ♦ Retrospective cohort chart review – NHTSA representative sample 1988-2003
 - ♦ Accident victims: <1 yo or 1-2 yo; rear or front facing
 - ♦ Injury severity score (iss) </> 9 (moderate injury)
 - ♦ N = 60 kids 1-2 yo RF
 - ♦ Weighted data = RF 86% vs FF 69% effective for preventing ISS >9 compared with no restraints (OR 1.7) in 1-2 yo; benefit was from side crashes, not significant when looking at frontal crashes
 - ♦ weighted data showed **more likely** to have very serious/life threatening injury with rear facing, although this is most likely an artifact of the small dataset

Rear Facing - Crash Dummies

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- 6m infant: LATCH v seat belt installation with rear collisions
- LATCH installation had higher measures of head injury risk
- Seat belt installation more stable
- Convertible seat was okay
 - ♦ [Traffic Inj Prev.](#) 2015 Oct 8;16 Suppl 2:S16-23.

Rear Facing – Crash Dummies

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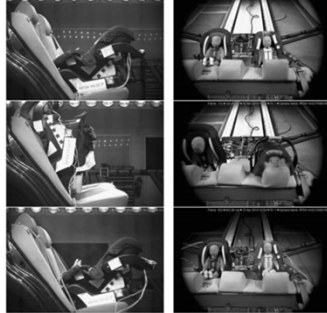


Fig. 2. Video images of the test producing the highest HIC: the Graco SmugRide® installed with the base using LATCH.

Car Seats

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- Take home:
 - ♦ Everyone in the vehicle should wear restraints.
 - Laws correlate with increased restraint use.
 - ♦ Lots of room for improvement in
 - car seat design
 - car seat testing and regulations
 - ♦ Rear facing might be safest
 - ♦ Move to Sweden

Screen Time

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"She thinks it's a touchscreen."

<http://www.art.com/products/p16818055335-sa-i6990093/emily-flake-she-thinks-it-s-a-touchscreen-new-yorker-cartoon.htm>

Screen Time – AAP Recs

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Time**

- 1999, 2011, and 2013 AAP recommendations
 - ♦ discourage any screen use for children <2 yo
 - ♦ limit entertainment screen time to <1-2 hours per day for older children
- www.pediatrics.org/cgi/doi/10.1542/peds.2011-1753

Screen Time

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<http://www.someecards.com/usercards/viewcard/MiAxNC1IMGQwMTVINWUxMTk1MmQz>

Screen Time

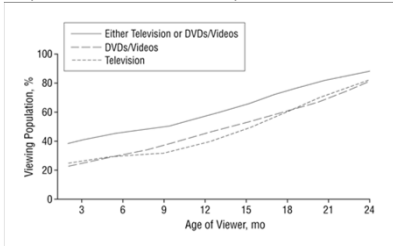
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Time**

- 2011: 10% of children under 2 had used a smartphone or tablet
- 2013: 38%
 - ♦ <https://www.common sense media.org/sites/default/files/research/zero-to-eight-2013.pdf>

2007 Survey TV/DVDs <2 yo

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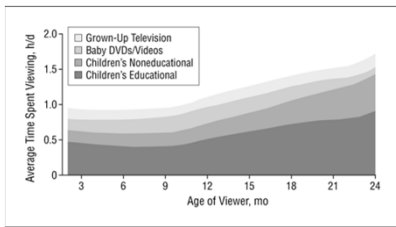
- Random phone survey 1000 English speaking parents in MN and WA. Response rate = 20%



Arch Pediatr Adolesc Med. 2007;161(5):473-479. doi:10.1001/archpedi.161.5.473

2007 Survey: TV/DVD <2 yo

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Arch Pediatr Adolesc Med. 2007;161(5):473-479. doi:10.1001/archpedi.161.5.473

Television is Terrible?

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- Infants and toddlers who watch lots of TV are potentially at risk in later childhood for
 - ♦ deficits in attention
 - ♦ poorer language development
 - ♦ diminished cognitive achievements
- The following 3 studies were all cited by the AAP in their 2011 guidelines.

Television and Attention Deficits

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- Longitudinal survey 1300 children
 - Average TV viewing/day:
 - 1 yo = 2.2 hours (SD: 2.91)
 - 3 yo = 3.6 hours (SD: 2.94)
 - 10% had attention 'problems' at age 7
 - >1.2 SD >mean on hyperactivity questions
 - Not diagnostic of ADHD but similar prevalence
 - Regression analysis: hours of television per day at ages 1 and 3 were associated with attention probs at age 7(OR 1.09).
 - [Pediatrics](#), 2004 Apr;113(4):708-13

BUT...

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- Maternal depression when child young was also correlated with attention problems (OR 1.03)
 - Low maternal self-esteem prior to birth of child was more strongly asssd than TV (OR 1.36).
 - [Pediatrics](#), 2004 Apr;113(4):708-13
 - 2010 reanalysis original data
 - Adding 2 covariates eliminated any effect
 - maternal skills/achievement
 - early poverty status
 - [Child Dev](#), 2010 Jan-Feb;81(1):368-75
 - Retesting in Danish cohort: no effect
 - Danes watch less TV overall
 - Only had data for 3 yo and 7 yo (no 1 yo data)
 - [Pediatrics](#), 2004 Nov;114(5):1372-3

Television and Reading/Memory

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- Longitudinal survey 1800 children
 - Outcome = math, reading, short term memory test scores at age 6
 - Modest decrease in reading/memory scores at age 6 correlated with each hour television watched <3 yo.
 - BUT...each hour of television in the 3-5 yo age range was associated with modest *increase* in reading scores.
 - [Arch Pediatr Adolesc Med](#). 2005;159(7):619-625.

Television and Language Development

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- Telephone survey of 1000 parents who also completed a survey of language development
 - In children 8-16mo each daily hour of baby DVDs was associated with a significant decrease in language development
 - No effect of other educational or non-educational television viewing.
 - 17-24mo no effect for any media.
 - [J Pediatr](#), 2007 Oct;151(4):364-8

BUT...

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- Reanalysis did not confirm findings
 - Raw data did not show statistical significance, only when 20 covariates were added.
 - Unclear rationale for all covariates
 - Nonnormal distribution for most variables (a few extreme outliers in baby videos)
 - [Dev Psychol](#), 2014 Jan;50(1):129-37.

TV and Adolescent Test Scores

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- 6-12th grade test scores in **300k** children who had/didn't have access to TV when they were young (in the 1940s-1950s)
 - Variable television roll-out to different markets e.g. Seattle had TV before Denver
 - Compared children in different markets
 - Compared children in same market, different years (before/after TV)
 - Test scores from Coleman Report:
 - Study of educational opportunity commissioned by Civil Rights Act.
 - Gentzkow et al The Quarterly Journal of Economics, Feb 2008
<http://www.brown.edu/Research/Shapiro/pdfs/tv.pdf>

TV and Adolescent Test Scores

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- Gentzkow et al, contd.
 - ♦ By 1950s kids in houses with TV were watching 4 hours/day
 - Data are for school aged kids. Scant data for younger kids. Small surveys = 30-60 min for 3 yo, no data for <2 yo.
 - ♦ Showed a slight benefit to having television during pre-school years

TV and Language/Motor Skills

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- 872 children in MA
 - Mothers reported TV use at 6, 12, 24 months.
 - At 3 years no difference in a verbal/language test nor a fine motor/spacial skills test.
 - Kids watched less TV than in other studies.
 - ♦ Mean: 0-2y was 1.2 h
 - ♦ Pediatrics. 2009 Mar;123(3):e370-5.

What We Know About Screen Time

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- Toddlers and pre-schoolers can learn from TV
 - ♦ Infant Behav Dev. 2008 Dec;31(4):696-703.
 - ♦ Pecora, N., Murray, J. P., & Wartella, E. A. (2007). Children and television: Fifty years of research. Mahwah, NJ: Erlbaum.
 - Babies <2y learn more from people
 - ♦ Child Dev. 1999 Sep-Oct;70(5):1067-81.
 - ♦ Child Dev. 1998 Aug;69(4):950-65.
 - ♦ Psychol Sci. 2010 Nov;21(11):1570-4
 - ♦ Developmental Review 30 (2010) 101–115 (Review)
 - Background TV makes adults and kids talk less
 - ♦ Infant Behav Dev. 2010 Apr;33(2):176-88.
 - ♦ Arch Pediatr Adolesc Med. 2009 Jun;163(6):554-8.
 - ♦ <http://www.newyorker.com/magazine/2015/01/12/talking-cure>

What We Know About Screen Time

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 - Screen Time**
- Childhood obesity is positively associated with amount of TV
 - Interventions can reduce screen time and obesity
 - School or community-based
 - Involve parental support
 - Technology to track screen time and turn off screens
 - <http://www.thecommunityguide.org/obesity/behavioral.html>
 - Physician anticipatory guidance not shown to be effective for reducing screen time
 - [Curr Opin Pediatr](#). 2003 Dec;15(6):630-5.

Beyond “Turn It Off”

- Intro
 - Anticipatory Guidance
 - Infant Sleep
 - Car Seats
 - Screen Time**
- 2015: Beyond “Turn It Off”: How to Advise Families on Media Use
 - Lots of recommendations, no hard numbers

Beyond “Turn It Off”

- Intro
 - Anticipatory Guidance
 - Infant Sleep
 - Car Seats
 - Screen Time**
- Media is just another environment
 - Parenting has not changed
 - Role modeling is critical
 - We learn from each other
 - Content matters
 - Curation helps
 - Co-engagement counts
 - Playtime is important
 - Set limits
 - It's okay for your teen to be online
 - Create tech-free zones
 - Kids will be kids
- <http://www.aappublications.org/content/36/10/54>

Screen Time – Take Home

- Intro
 - Anticipatory Guidance
 - Infant Sleep
 - Car Seats
 - Screen Time**
- Screens are here to stay
 - There may be risks and benefits –
 - ♦ Conflicting data for TV
 - ♦ Less data for newer technologies
 - ♦ Kids < 2yo learn better from people
 - ♦ More screen time correlates with more obesity
 - New AAP rules
 - ♦ More nuanced
 - ♦ Counseling may take longer

Conclusion

- Anticipatory Guidance:
 - ♦ Don't do it all
 - pick a few high yield topics
 - Consider "Reach Out and Read" and seat belts
 - consider your population
- Infant Sleep:
 - ♦ No data for any particular method
- Car Seats:
 - ♦ Counsel about use of car seats and seat belts
- Screen Time:
 - ♦ Impact on cognition/behavior not clear
 - ♦ Adverse impact on childhood weight

The end!

Special thanks to:
Bennett, Russel, and Andrew Weber
Northern Navajo Medical Center Medical Staff

Contact:
heatherkovich@gmail.com
