

Cell Phone Use Can Impact Your Child's Learning

Children learn from talking with parents. It is not just the number of words a child hears. It is the *back and forth exchange without interruption* that helps kids learn. Talking, looking at each other, nodding your head and paying attention are vital for learning to take place.

A cell phone call, a look at social media or a reply to a text interrupts this crucial back and forth interaction. When that happens, the back and forth exchange breaks. As a result, the child does not learn.

Optimum learning requires human social connection.

- Spend some uninterrupted time with your child. Put away or turn off your cell phone when you are together.
- Notice and comment on what your child is doing. *“Do you like that pillow? It is so soft.”*

Language skills are crucial for success in school and beyond. Maximize your child's learning potential with your undivided attention.



*Brought to you by Parent Help Line at HSHS St. John's Children's Hospital
to help keep kids safe, healthy and happy.*



Call the Parent Help Line. Help is just a phone call away.

1-217-544-5808 or 1-888-727-5889
10 a.m. to 10 p.m., 7 days a week
www.parenthelpline.org

Revised 2017

