

WELCOME TO OUR

Monthly Newsletter

**Screen Time or Scream Time?
The Hidden Costs of Early Digital Use**

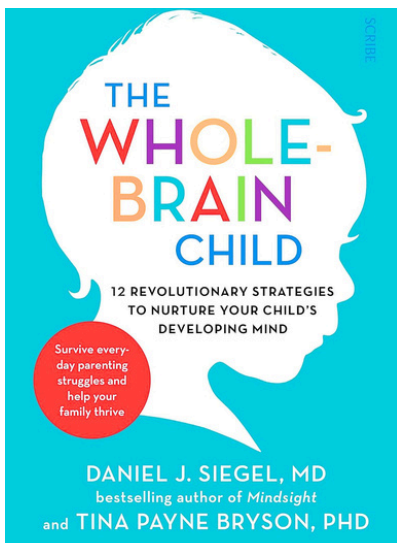
Recent research underscores the importance of understanding how screen use affects young children. A study by Mallawaarachchi et al. (2024) highlights that screen time's context is crucial. Educational screen use positively influences cognitive development, particularly in language and literacy. However, excessive non-educational screen use, especially when solitary, is linked to poorer cognitive outcomes and increased behavioral issues, such as attention difficulties and emotional dysregulation.

Fitzpatrick et al. (2024) extend these findings by showing that tablet use in children as young as 3.5 years old is associated with an increased frequency and intensity of anger outbursts by age 4.5. Notably, children who struggle with emotional regulation are more likely to increase their tablet use, creating a detrimental cycle.

It is essential for practitioners to advise parents on the appropriate use of screens. Encourage educational and co-viewed screen time while limiting solitary, non-educational use. Emphasize the importance of screen-free activities that promote emotional regulation, such as physical play and family interactions to prevent the development of cognitive and emotional difficulties in young children.

In this newsletter you will find:

Pitstop Presents, Pitstop Insights and more. Keep Reading!



The Whole-Brain Child: 12 revolutionary strategies to Nurture Your Child's Developing Mind

by Tina Payne Bryson (Author), Daniel J. Siegel (Author)

'The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind' is a ground-breaking parenting book that offers a fresh perspective on child development. The authors, both experts in neuroscience and child psychology, present a science-backed approach to parenting that focuses on integrating the various parts of a child's brain to foster emotional and intellectual growth.

The book is structured around 12 key strategies that aim to help parents understand how a child's brain works and how to respond to challenging situations in a way that promotes healthy development. Each strategy is rooted in neuroscience but is presented in an accessible and practical manner, making it easy for parents to implement these ideas in daily life. For example, the authors discuss the importance of connecting with a child's emotions before attempting to redirect behaviour, a concept they call "Connect and Redirect." This strategy helps to soothe the child and makes them more receptive to guidance.

What sets 'The Whole-Brain Child' apart is its emphasis on whole-brain integration. The authors explain that by nurturing connections between the logical left brain and the emotional right brain, as well as between the "upstairs brain" (responsible for decision-making and self-control) and the "downstairs brain" (which deals with basic survival instincts), parents can help their children develop resilience, empathy, and well-being.

The book is filled with relatable examples, illustrations, and practical tools like "Refrigerator Sheets" that summarize the key concepts for quick reference. Whether you're a new parent or dealing with the challenges of raising older children, 'The Whole-Brain Child' provides invaluable insights and strategies that can transform your parenting approach and positively impact your child's development.

Meet Our Team



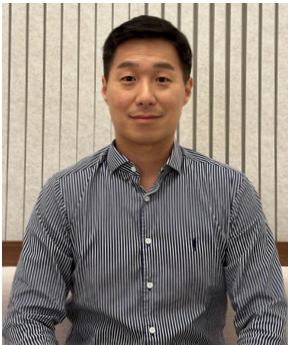
Dr Patrik Ho
Child, Adolescent and Adult
Psychiatrist

Waiting Period: 4 months



Dr Jack Hsu
Child and Adolescent
Psychiatrist

Waiting Period: 4 months



Dr Ji Won Seo
Child and Adolescent
Psychiatry Advanced Trainee

Waiting Period: 3 months



Alex Catt
Registered Psychologist

Waiting Period: 6 weeks



An Yang
Counsellor / Play Therapist

Good availability



Nicole Ho
Clinical Psychologist

Waiting Period: 2 months



Shawn Wang
Clinical and Organisational
Psychology Registrar

Waiting Period: 2 months

Referral Process

Medical Objects is our preferred referral method.

Alternatively, send the referral to reception@pitstophealth.com.au



reception@pitstophealth.com.au



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