






## The Digital Distraction

The Intersection Between  
Technoference and the Parent-Child Dyad

Presented by Tracy Ellis-Walters, M.Ed.



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## The Origin Of Thought...

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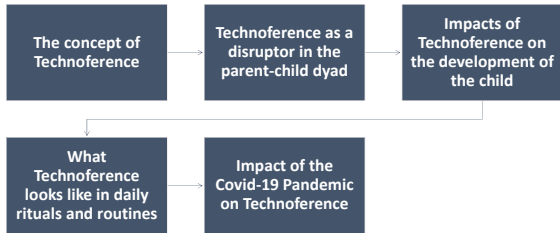
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## Learning Objectives & Intentions




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Which statement most closely defines Technoference?

- A. The ability to create work-life balance in a digital world without causing interference with your work schedule.
- B. Technology that can cause a disruption in relationships.
- C. A new platform for working with children and families digitally.

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The Answer  
is...



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On average  
parents/caregivers  
spend \_\_\_\_ hours  
a day on their  
“devices.”



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According to research carried out by the Boston Medical Center, \_\_\_\_% of the parents observed in restaurants used a mobile device continuously while dining out with their children.




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Radesky's research team found that the caregivers most absorbed in their devices were the ones who were most likely to respond in a \_\_\_\_\_ manner to their child.

Distracted

Loving

Harsh

Attached

Attuned

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### Technoference

the interruptions in interpersonal communication caused by attention paid to personal technological devices

Source: dictionary.apa.org

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### Attachment

the emotional bond that forms between infant and caregiver and the means by which the helpless infant gets primary needs met




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### Attunement

how responsive a parent/caregiver is to another's (child's) emotional needs and moods

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### Neurodevelopment

a term referring to the brain's development of neurological pathways that influence performance or functioning (e.g., intellectual functioning, reading ability, social skills, memory, attention or focus skills)



Source: [developingchild.harvard.edu/resources](https://developingchild.harvard.edu/resources)

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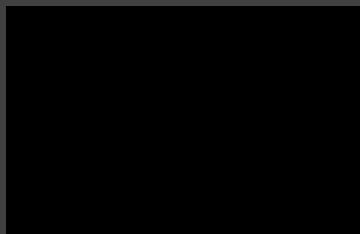
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### Impact on Neurodevelopment




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The Disruptor

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Type a **One Word Response** that describes what you feel is being *disrupted* or *missed* in this parent-child dyad/relationship.

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Reflections On Implicit Bias

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Take a moment to reflect and “wonder” why this mom may be choosing to have a moment alone?

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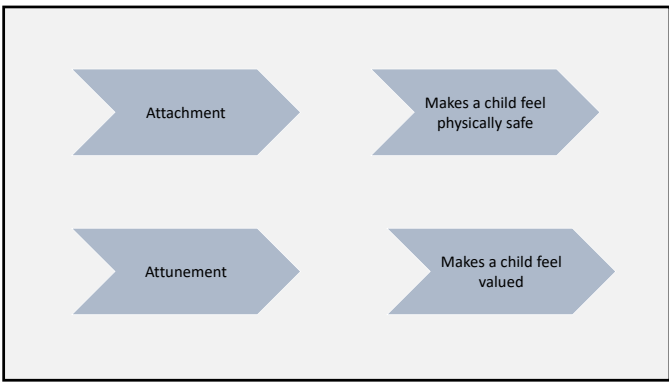
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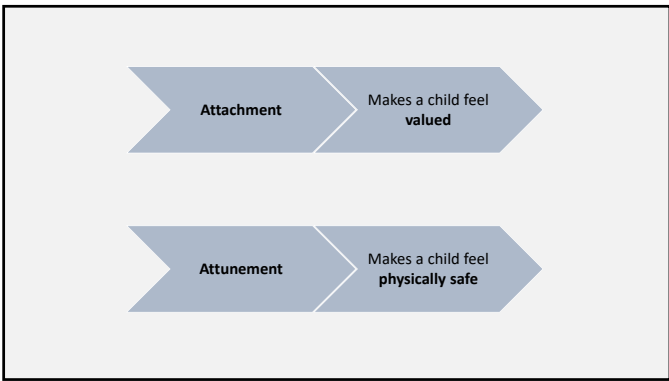
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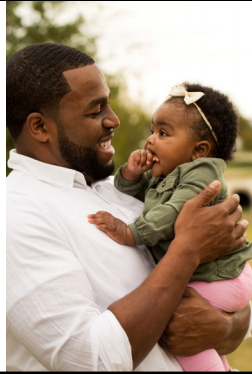
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### Attachment Vs. Attunement

**Attachment** makes a child feel *physically safe*, protected

**Attunement** makes a child feel *valued*



Source: [developingchild.harvard.edu/resources](https://developingchild.harvard.edu/resources)

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### Impact on Attachment

Parents who use their phones during parent-child interactions are *less sensitive and responsive* both verbally and nonverbally to their children's *bids for attention*, potentially leading to *lower quality parent-child interactions*




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### Impact on Attunement

Parents who use their phones during parent-child interactions can have *disrupted rapport* with their child such that the child's efforts at *communication* and *expression* are not *responded* to in a way that allows the child to feel *understood* or *valued*.



Source: [www.zerotothree.org/resources/3763](https://www.zerotothree.org/resources/3763)

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The  
Research...



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Where does  
**Technoference** show  
up in daily **routines**  
**and rituals** with  
children?

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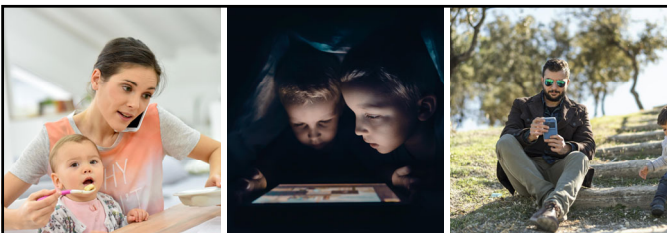
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Routines and Rituals

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## The Translation for Our Children




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## Technoference: Contributing Factors




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## Consequences of the Covid-19 Pandemic for Parents

- Increased digitalization
- Work from home scenario
- Gig work
- Workplace monitoring
- Social isolation



Source: De', Pandey, & Pal A, 2020

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### Consequences of the Covid-19 Pandemic for Children

- Reduced socialization time with peers
- Reduced outings from the home
- Reduced physical activity
- Increased screen time
- Increased stress in the home
- Sleep disruption




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### Invitation to Reflect




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### Key Findings & Implications

- Decreased parental sensitivity and responsiveness
- Parental *absorption*
- Changes the nature of parental response




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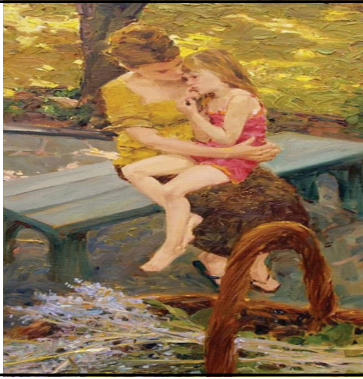
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Your phone won't feel bad if you don't pay attention to it.  
 It won't care if you haven't played with it for a while.  
 It won't mind if you don't hold it.  
 Your cell phone will be small forever; your children will not.

Quote: Kim Uliana  
 Artist David Hettinger




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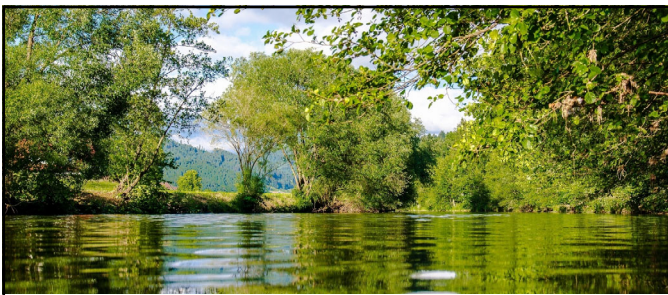
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### Reflections & Responses

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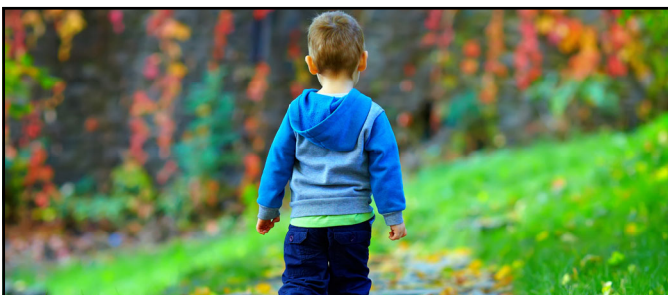
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### Strategies To Support Children & Families

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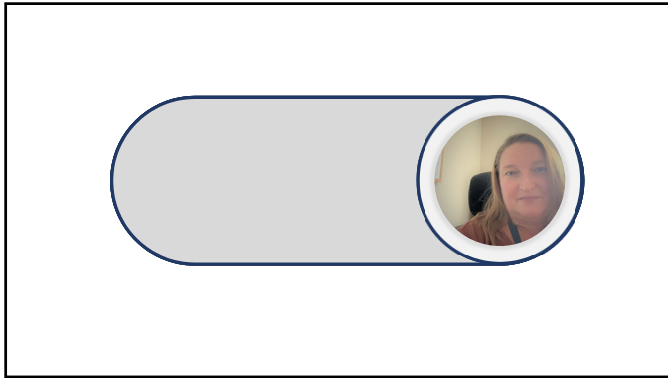
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**NOTE:** Make sure to download and save the certificate to your desktop.

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