

# Screen Time & Bonding

## Your Face Matters: Connect with your baby, not your phone!

Babies rely on eye contact, facial expressions, and responsive interaction to feel secure and connected. Your facial expressions, voice, and attention help your child feel loved, safe, and ready to learn. Even a few moments of focused connection each day makes a difference.

When we put our phones away and spend time together;

- We respond to our child's smiles, cues, and questions.
- Our reactions are in the moment.
- Eye contact is increased.
- We are emotionally "available"

Long before phones, it has been shown that when a parent suddenly stops responding to their baby (maintaining a "still face") the baby quickly becomes distressed and confused. To a young child, when we are on our phones, it can feel a lot like the "still face."

Over time, this lack of connection can affect your child's:

- Emotional security
- Social and language development
- Behaviour and attention

## Top Tips for being more present!

- Be realistic. Being aware of your screen use and taking small steps to reduce it, will help to build stronger bonds with your child.
- ★ Look up and respond when your child reaches out.
- ▶ Set aside short "phone-free" times each day.
- Make routines like mealtimes and bedtimes screen-free.



When you need to check your phone, keep it short and, explain to you your child, "I'm just checking the time, but I'm still here with you."

**We know it will be tough to move away from screens.  
We urge you to not give up!**