

Invitation  
to take part  
in a research  
study

## Smart Toddlers

How do you use your smartphone  
when you are with your child?

A Swiss National Science Foundation research study  
on parental smartphone use and child development in  
the toddler years

Invitation to take part in a research study

## How do you use your smartphone when you are with your child?

It's hard to imagine everyday life without the smartphone. Our smartphones are usually within reach. We use them to access information quickly, for entertainment, and to communicate with others. This is what makes it difficult to put our smartphones out of sight or to wait until later to read incoming text messages. In this study, we want to find out whether smartphone use has an effect on parents' interactions with their child.

We are interested in how you, as parents of a young child, use your smartphone and in how your child is developing in this world of the smartphone. Mothers' and fathers' viewpoints as well as parent-child interactions are therefore important to us.

To study these questions, **we are seeking 40 parents who use their smartphones frequently and have a first child who was born before October 31, 2020 and is not older than 14 months.** Both parents or mother or father alone are welcome to sign up to take part in the study.

This study is being conducted in cooperation by researchers at the ZHAW School of Applied Psychology and the ZHAW School of Health Professions. It is a follow-up to the Smart Start study, which examined the same questions in families with newborns.

### **ZHAW Project Leaders**

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## Study and contact information

We are looking to invite 40 parents with a first child not older than 14 months to take part in a study on their smartphone use, their child's development, and other topics. In particular, we are seeking parents who rate their smartphone usage as rather high—that is, who use their smartphones very frequently or who have noticed that their smartphone use is having an effect on their relationships with those close to them.

As a parent participating in the study, you will fill out three online questionnaires: the first when your child is 14 months old, the second 6 months later, and the last when your child is 3 years old. In addition, for the second and third surveys we plan to record two short videos and, where there is interest, conduct two more in-depth interviews. Your participation will help us learn about the effect of smartphones on child development in early childhood. We may use this information in the future to provide parents with better advice regarding their smartphone use in their children's early years.

### Sign up

If you would like to participate in our research study, please sign up on our website at: [www.zhaw.ch/psychology/pi/toddlers](http://www.zhaw.ch/psychology/pi/toddlers)

For study participants, advice by telephone on their smartphone use or smartphone use by the child is available free of charge. You can reach us every Friday from 11 to 12 by telephone at +41 58 934 89 85.



### Contact

If you have questions about this study, please contact Larissa Schneeбели.



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### Confidentiality and data protection

All of your data will be anonymized and treated as strictly confidential.

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