The Benefits of Screen Time

For some children with disabilities, technology can give them a voice in the form of an augmentative and alternative communication (AAC) system and open new doors of possibility. For others, it can provide resources that help children anticipate what is coming next and what is expected of them.

Additionally, there are countless applications that enhance and reinforce learning, social skills, play, and language and communication. The challenge is to balance time with technology with the very important face-to-face interactions.
The following apps have been selected because of their universal design and rich learning opportunities. Please explore the app and discuss the features that make it a good app.

**App Exploration**

1. Baby Rattle Toy by SelenaSoft, Inc. - Cause/Effect, Sight/Sound
2. Cookie Doodle by Shoe the Goose - Language/Vocabulary, Turn Taking, Life Skills
3. Finger Paint with Sounds by Inclusive Technology Ltd - Cause/Effect, Sight/Sound, Fine Motor
4. Metamorphabet by vectorpark.com - Pre-academics, Vocabulary, Cause/Effect
5. My Play Home by PlayHome Software Ltd - Play, Language/Vocabulary,
6. Moo, Baa, La, La, La - Sandra Boynton by Loud Crow Interactive Inc. - Literacy
7. Autism 5-Point Scale by Minnesota Governor’s Council on Developmental Disabilities - Self-Regulation, Self Awareness
8. FTVS HD - First Then Visual Schedule HD by Good Karma Applications Inc. - Visual Schedules, Planning, Organization
9. Tap-n-See Now by Little Bear Sees - Cortical Visual Impairment
10. Little Digits Finger Counting by Cowly Owl Ltd - Math Concepts

**Key Take Aways**

- Mobile technology opens doors of possibilities for children with disabilities
- Mobile technology + intentional adult interaction = positive learning experience
- Choose devices and apps that support the learning needs of your child/student
- Balance time with technology with other play and learning opportunities

**Resources for Screen Time**

APA Media and Children Communication Toolkit

tinyurl.com/apamedia-children

APA Media and Young Minds Policy Statement October 2016

tinyurl.com/APAPolicyStatement2016

Early Learning and Educational Technology Policy Brief

tech.ed.gov/earlylearning/