

PRESS RELEASE

For Immediate Release: [31/05/2019]

IRISH ASSOCIATION OF COUNSELLING AND PSYCHOTHERAPY (IACP) WARN OF POTENTIAL  
DANGER OF TECHNOLOGY TO CHILDREN

*Mental Health Watchdog Warns Parents to Mindful of Children's Technology Habits*

Due to recent debate surrounding the use of iPads and other tablets in our nations' schools, the IACP would like to urge parents to increase their awareness of the unintended consequences of technology on their mental health and that of their families. The importance of healthy attachment and learning skills for emotional regulation at all ages cannot be over emphasised and appropriate screen time should be established for them and their children.

Olive Cross, a spokesperson for the IACP says, "parents should be mindful to put down their own phones when greeting their children or during family social time". Ms. Cross continues to say that, "overuse of phones by young people is modelled by the behaviour of adults."

The Royal College of Paediatrics and Child Health (RCPCH) recently published 'Screen Time Guidance', which suggests the amount of time parents or guardians allow children to spend on phones, tablets, computers and watching TV, which should be based on a range of factors. These include a child's developmental age, the individual need and value the family place on positive activities such as socialising, exercise and sleep.

The report states that when screen time displaces these activities there is evidence of a risk to a child's wellbeing.

Although the technology is an integral part of children and young people's everyday life, it should be strictly monitored by guardians, especially in relation to age-appropriate content, cyber-bullying and time limit.

ENDS:

**Notes to Editor:**

**Irish Association for Counselling and Psychotherapy**

Established in 1981, the IACP identifies, develops and maintains professional standards of excellence in counselling and psychotherapy. IACP aims to protect the public by promoting best practice and the professional development of its members. IACP is the largest professional body of counsellors and psychotherapists in the Republic of Ireland with over 4,200 members nationwide. IACP provides a telephone referral helpline, an information service; and an online counsellor / psychotherapist / supervisor directory. IACP is a registered Charity (CHY 6615).

Sources:

<https://www.rcpch.ac.uk/resources/health-impacts-screen-time-guide-clinicians-parents>

**For further information, or to arrange an interview with an IACP Spokesperson, please contact Hugh O'Donoghue, 01 214 7933 or 0877206033.**

+353 (0) 12147933

+353 (0)877806033

[hugh@iacp.ie](mailto:hugh@iacp.ie)

iacp.ie