

Barbara Kalckreuth on GAINING

My name is Barbara Kalckreuth. I am a pediatrician and psychotherapist, specialized in early childhood development and parent infant psychotherapy. Together with colleagues, I founded the Friburg Baby Clinic for expecting parents and young parents with infants and toddlers offering an easy access. To guidance and therapy in this context as well as in everyday life.

The overall presence of screens and their impact on parent infant interaction and the consequences in early development are evident. There is no doubt about the importance of the early years for the complex development of infants and toddlers. It is a demanding and exhausting task for parents who mostly live in small or even one parent families.

It is likely to use screens as helpers because they are always at hand useful and effective in professional and private life. But there is scientific evidence that direct exposure to screens of babies and toddlers and distraction of attention of caregivers by screens interfere with the developmental needs of the child, which remain unchanged throughout millions of years.

Regulation of emotions, rhythm of sleep, meals, and playtime. Development of motor skills and language and exploration of the world with all senses is only possible with emotional and physical presence and resonance of a caregiver. The good news is that the negative effects disappear if exposure to screens is reduced as much as possible and face-to-face interaction returns.

This means hard work for parents and needs guidance as all parents want the best for their child. They are motivated and boosted by gaining a new screen, reduced world open for development for children and caregivers.