

TALK TO A COLLEAGUE.
TALK TO A FRIEND. TALK TO US.



In support of the World Mental Health Day, with its global theme "Stress in the Workplace" by the World Health Organization (WHO), American Center for Psychiatry and Neurology (ACPN) had launched the World Mental Health Awareness campaign with its theme "Talking makes the workplace happier".



ACPN had extended their community initiatives to government organizations, private corporations and schools by conducting a workshops on how to make a workplace happier – from stress to happiness. ACPN believes that opening up and reaching out in the workplace thru communication and dialogue are the essential factors that ensure a happier environment and a healthier team.



WARM WELCOME



Dr. Caesar Zahka
M.D., ABPN, MAAN
Consultant Neurologist
[Read more](#)



Dr. Cara Outar
BA (Hons), ClinPsyD
Clinical Psychologist
[Read more](#)



Frederick van Wyk
BA, BA Hons, MA (Counselling Psychology)
Counselling Psychologist
[Read more](#)



Dr. Junaid Hassim
BPsych, MA (Clin Psych), PhD
Clinical Psychologist
[Read more](#)



Dr. Tamer Metwally
MBBCh., Dip, MRCPsych, CCT(UK)
Consultant Psychiatrist
[Read more](#)



Dr. Fady Serry
PhD
Psychologist
[Read more](#)



ASK THE EXPERT



Parenting and Screen usage in a young child's life

Laëtitia URVOY
Child Psychologist
American Center for Special Abilities

Becoming a parent is not straight forward task. Dealing with a newborn is sometimes more difficult than parents had in mind, especially when the baby doesn't turn out to be as they imagined him/ her. It is a difficult task to constantly take care of young children; accordingly, parents will gradually begin to look for help. Thus, the TV can become their support whereby, it attracts the child's attention turning the home into a quieter place.

In March 2017, two French pediatrics alerted population about frequent development delays observed in early childhood, delays that seemed autistic such as: stereotyping, aggressiveness, children not being able to sit properly, and movie sentence repetition.

Parents were asked about their child's screen usage time, among other questions. These questions included: Is your TV continuously on at home? Does your child like playing on your phone? Does your child have his own tablet? In total, how many hours a day does your child view a screen? How many hours of screen usage when he/ she were below 3 years old vs. now?

Most of the results collected yielded results of 3 to 6 hours in total per day. To examine the effects of a reduced screen usage time, the French pediatrics suppressed the time children spend on it over a 1 month period. Consequently, the children's global development significantly improved.

Autistic Spectrum Syndrome is not necessarily triggered by screen overuse. On the other hand, children do not need to use a screen for their well-development. Nevertheless, one should keep in mind that it has also been proven that screen over-use negatively affects a child's development.

With regards to babies, they grow through manipulating, putting things in their mouth, seeing, crawling, and running. Being active is

essential for growth; for that is when children develop their fine motor skills, space orientation, and ability to interact with their environment. They need to perform actions and observe consequences. In that matter, does the TV put the child in an active position?

In addition, interaction with their caregivers allows a baby to grow. They need to have stories read to them by parents, pictures named by adults, and daily life routine explained by caregivers. Subsequently, they will learn from these interactions and will start talking. Does TV offer dialogue to a child?

A baby's brain may be stressed by the TV's strong stimulations such as: colors, sounds, pictures, and rhythms. It makes the brain accustomed to fast stimulations, and the baby may be stressed when daily life situations do not offer the same stimulations. Thus, a baby would become agitated.

Screens children view may be: informative, relaxing, educational, professional or even a social tool. It adapts to different personal needs. However, a limited time for screen usage is recommended for the youngest children. If the TV is occasionally on in your house, it should be an occasion for parent-child interaction through asking or answering questions. Please find below some guidelines from various associations in this regard.

- Belgium prevention center YAPAKA guidelines:
- before 3 years old: No TV, No tablets
 - before 6 years old: No video games
 - before 9 years old: No internet, & after 9 years old it should always be under parental control

American Academy of Pediatrics recommends avoiding TV altogether before a baby reaches 18 months, and no more than 1 hour for children between 2 & 5 years old.

UPCOMING EVENT

1st MASTERCLASS IN PSYCHOPHARMACOLOGY

26-27 JANUARY, 2018
Conrad, Dubai, United Arab Emirates



Smile 100% with Interest.

BDC offers you simple and beneficial monthly installment schemes for your dental treatment cost.



0% INTEREST EASY PAYMENT PLAN WITH PARTNER BANKS

To convert your purchase into a 0% EPP - Easy Payment Plan for 3, 6, 9, or 12 months, keep your invoice and call the toll-free number of your selected bank