

STATE OF THE EVIDENCE: A CENTRE FOR HEALTHY SCREEN USE RESEARCH SYMPOSIUM



**Centre for Healthy
Screen Use**
AT THE CANADIAN PAEDIATRIC SOCIETY



VIRTUAL EVENT

NOVEMBER 19, 2026

1:30 – 3:30 PM EASTERN

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Join us for a discussion about what current research reveals about the links between digital technologies and children's health, development, and relationships.

Leading Canadian researchers will discuss the latest evidence on screens, social media, and AI. The goal is to help health professionals, advocates and policymakers support children and youth as they navigate the opportunities and challenges of growing up in a digital world.

SPEAKERS



SCREEN USE EXPERIENCES IN EARLY CHILDHOOD

Sheri Madigan PhD, R.Psych. will describe how fostering a relational approach with families can help mitigate the developmental risks of early screen use.

Dr. Madigan is a clinical psychologist, professor, and Canada Research Chair in the Determinants of Child Development at the University of Calgary and Alberta Children's Hospital Research Institute. Dr. Madigan directs the Determinants of Child Development Lab, where she conducts research on the experiences and relationships that shape children's learning and mental health.



SOCIAL MEDIA USE AND YOUTH MENTAL HEALTH

Gary Goldfield PhD, C.Psych. will review how social media use affects youth mental health and well-being, and share the therapeutic benefits of more moderate and adaptive use, including for vulnerable youth.

Dr. Goldfield is a clinical psychologist, professor at University of Ottawa, and Senior Scientist at the CHEO Research Institute in Ottawa. His research primarily focuses on examining behavioural and biological determinants, treatment and prevention of mental health challenges and obesity in children and youth.



SCHOOL AND SCREENS: IMPLICATIONS FOR LEARNING AND COGNITION

Tracy Vaillancourt PhD will identify how late-night screen use impacts sleep, mental health, learning, and school attendance.

Dr. Vaillancourt is a professor and Tier 1 Canada Research Chair in Youth Mental Health and Violence Prevention at the University of Ottawa. Dr. Vaillancourt's research examines the links between bullying and mental health, with a particular focus on social neuroscience.



SCREEN USE AND THE DEVELOPING BRAIN

Emma G. Duerden PhD will discuss how brain imaging demonstrates the impacts of screen use on the developing brains of children and youth.

Dr. Duerden is a professor and Canada Research Chair in Neuroscience & Learning Disorders at Western University in London, Ontario. Dr. Duerden also leads the Developing Brain Lab, where her team researches how early experiences, including digital engagement, stress, and adversity, influence brain development, cognition, and mental health in childhood and adolescence.

Funding for this event is provided by The Waltons Trust, a limited life grantmaking foundation.