STATE OF THE EVIDENCE:

A Centre for Healthy Screen Use research symposium

Centre for Healthy Screen Use
AT THE CANADIAN PAEDIATRIC SOCIETY

Canadian Paediatric Society

A virtual event for health professionals, advocates and policymakers

NOVEMBER 19, 2026
1:30-3:30 PM EASTERN

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What does research reveal about the links between screen use and children's health, development, and relationships?

Leading Canadian researchers will explore this question and share the latest evidence on screen use, social media, and AI to help decision makers support children and youth as they navigate 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 Tier 1 Canada Research Chair in Child Mental Health and Wellbeing 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 Interim Scientific Director of the Precision Child and Youth Mental Health Collaboratory at the CHEO Research Institute. 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.

MODERATORS

Anne Rowan-Legg MD,
Children's Hospital of Eastern Ontario (CHEO)

Kris Perry MSW, Children and Screens

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification program of the Royal College of Physicians and Surgeons of Canada, and approved by the Canadian Paediatric Society for a maximum of 2 credit hours.

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