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解答

Vocabulary

tailored-b

longitudinally-c

rigorous-d

backfire-a

solitary-b

Comprehension

1. The study aimed to explore whether using tablets negatively affects children's ability to manage their emotions or if such children tend to use tablets more frequently.
2. Tablet ownership among children rose from 7% in 2013 to 44% in 2020, indicating a significant rise in mobile device usage among young children, reflecting a trend toward near-universal use.
3. Increased tablet use at age three can reduce opportunities for interactions and play, which is essential for developing self-regulation skills.
4. It's important to replicate the findings in more diverse and vulnerable populations to ensure the results are generalizable and to understand how different factors may influence emotional regulation and tablet use.
5. The authors recommend that parents closely monitor their children's tablet use, avoid using tablets as a calming tool, and provide opportunities for activities that promote emotional development.

記述（解答例）

解答例 1 (Focus on emotional learning)

Rather than using tablets to calm children, parents could focus on strategies that directly support emotional learning. When children become frustrated or angry, caregivers can help them name their emotions and explain why they might feel that way. **Parents** can model calm responses and guide children through simple techniques such as breathing slowly or taking a short break. Shared activities, such as reading together or imaginative play, allow children to practice regulating emotions with adult support. Regular interaction with caregivers and peers gives children repeated opportunities to experience frustration, manage it, and recover, which is essential for developing long-term emotional regulation skills.

解答例 2 (Focus on structure and routines)

Parents could reduce reliance on tablets by creating environments that prevent boredom and emotional outbursts. Planning ahead for car rides or public outings by bringing books, toys, or drawing materials can keep children engaged without screens. Establishing predictable daily routines helps children feel secure and reduces frustration. Offering limited choices such as selecting an activity or snack, gives children a sense of control and can prevent emotional escalation.

本文の選定の理由：

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