



Balancing caregivers and children interaction to support the development of self-regulation skills using a smartwatch application



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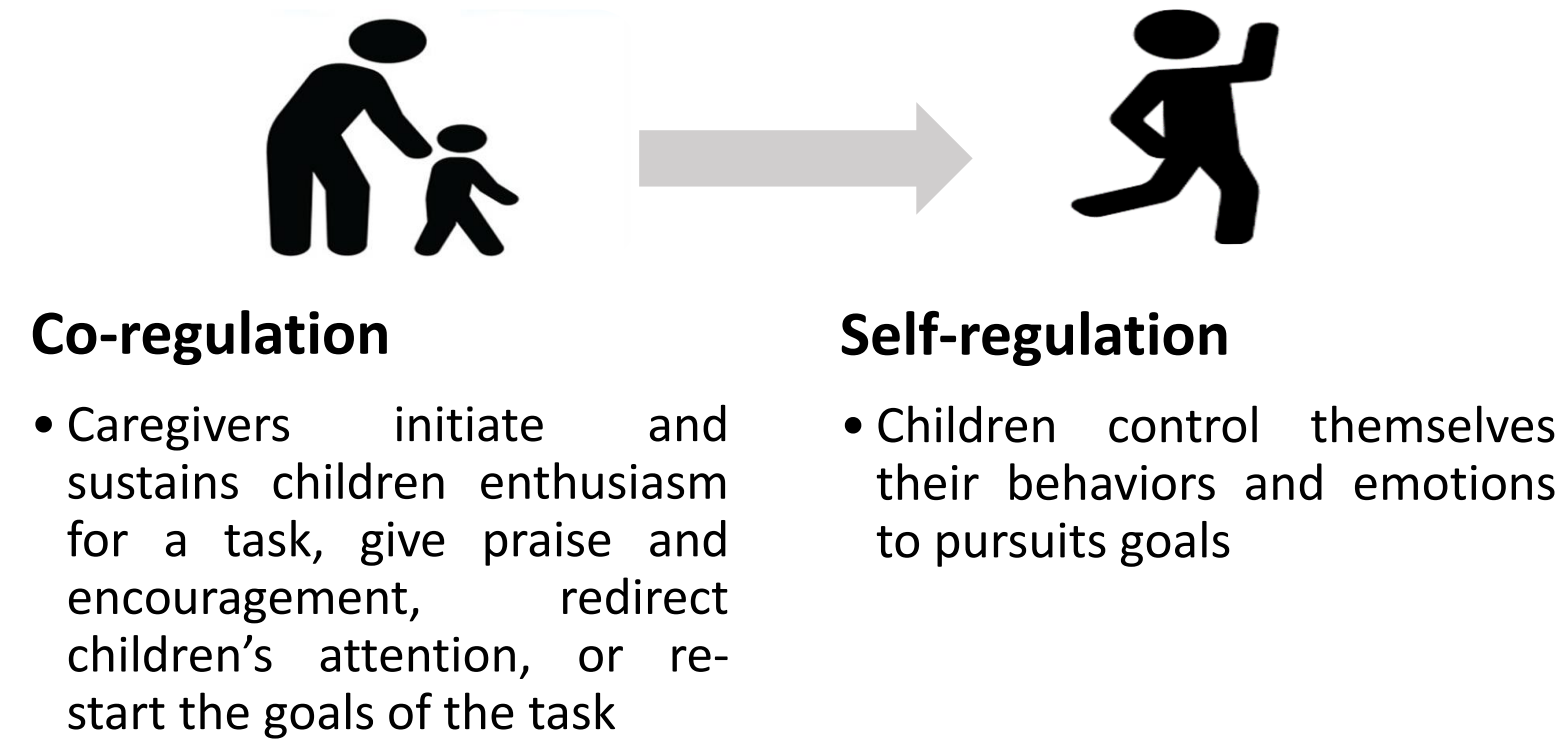
Introduction

How can we support children with ADHD and their caregivers to explore the issue of transitioning from self-regulation to co-regulation?



The design of wearables technology require:

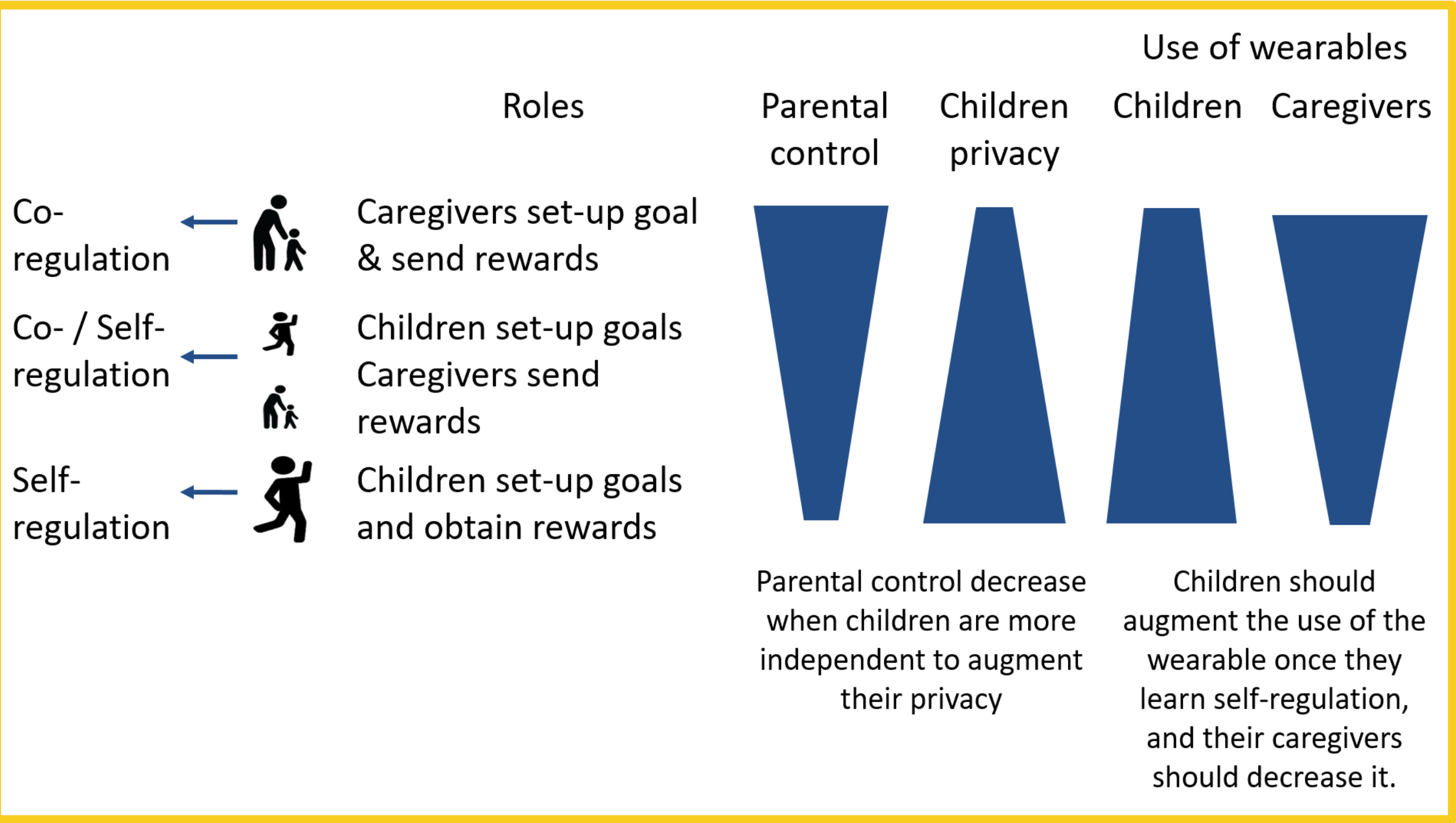
- a deep understanding of what is possible from a clinical standpoint
- The understanding from children with ADHD towards wearable technologies



Methods

Participants and session	Aim
24 children (10-13 years old) 8 workshops session (1 hour each)	• To sketch ideas for the smartwatch intervention • To discuss the strategies that they currently use, and how could be improved using the smartwatch, • To discuss potential ideas for a smartwatch app.
9 Teachers 1-hour focus group	• To discuss their strategies and problems they face, • To discuss their concerns about children using technology,
3 parents 1-30 min focus group 1-30 min interview with one parent	• To discuss their requirements to design an app.

Interactions between children and their caregivers



Results

Goals

- “It would be nice if the notification for ‘be focused’ was like a rumble you know something to make you think for a second. Like what am I doing instead of someone telling you...” student.

Rewards

- “After you’ve accomplished a goal, then your parents can buy the gift for you” Participant.
- “I feel like what should like motivate you to go for the goals shouldn’t be something physical. It would be like your internal motivation” student.

Parental control vs. privacy.

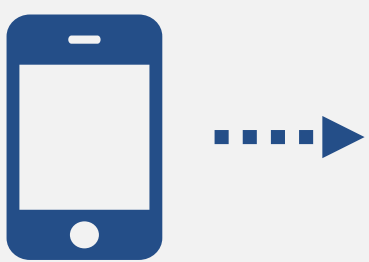
- “So, I think the app should be connected to your parents ... They should be able to turn it off whenever they need to”
- “It would be better to have a little privacy”



Discussion

Children viewed smart watch as potential tools to improve awareness and self-reflection. As future work, we will develop, deploy, and evaluate an application that takes account the needs and requirements of children with NDD.

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Presenter:



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