

My medical career has been shaped by my passion for helping children equitably develop social-emotional skills. I am a Developmental Behavioral Pediatrician (DBP) and clinical researcher whose work focuses on modern media use, parent-child relationships, and child well-being. Before coming to the University of Michigan (UM), I received training in epidemiology and advocacy during a time when digital technology was being rapidly adopted by families. Mobile and interactive technologies, with their handheld, on-demand, and complex design, presented an exciting new research challenge as I entered my early research career.

When I moved to UM in January 2016, I successfully competed for several NICHD grants under the mentorship of Dr. Smith. I received a K23 Career Development Award in 2018, which provided training in novel methods of mobile data collection; cross-disciplinary mentorship from developmental psychologists, media scholars, and human-computer interaction researchers; and a deeper understanding of how parents use media around children. This training laid the foundation for a career trajectory that aims to bridge different fields, develop creative study designs, and answer research questions relevant to parenting and policy.

In 2018 I also received an NICHD R21 and R03 that allowed me to explore hypotheses about preschoolers' mobile device use, self-regulation, interactive design, and parent-child interactions through community- and lab-based studies. These projects led to multiple publications in high-impact journals (*Pediatrics*, *JAMA Pediatrics*), and provided a platform for mentoring undergraduate students and DBP fellows. In particular, I considered it an important career milestone to obtain NIH funding for a research topic – media and children – that had rarely been funded in the past.

Hallmarks of my early research career have included development of innovative media measurement methods and cross-disciplinary collaboration with the goal of changing research paradigms about child media use (e.g., away from simplistic concepts like “screen time”). In collaboration with a start-up company (OpenLattice, Inc.) supported by NICHD Phase I STTR funding, my team developed mobile sampling approaches that elucidate the details of how and when parents and children use their mobile devices. My research lab has also developed innovative app and YouTube video coding approaches that reveal intense commercial pressure in children's digital spaces. I am frequently contacted by other media researchers who want to implement my lab's methods in their own work, which I see as a critical step in pushing research paradigms forward.

I am a strong believer in team science. I maintain relationships with collaborators from various disciplines through a research consortium I helped found (CAFE Consortium, made up of Developmental Psychology and Family Studies scholars); research collaborations with experts in Communication Studies and Human-Computer Interaction; and speaking at various national and international conferences (e.g., World Association of Infant Mental Health, Computer-Human Interaction, Interactive Design for Children). A 2020 MICHR Pathway to Independence Award has additionally helped me pivot my research into “strategic science” that aims to inform policy about children and technology.

In 2021, I was awarded my first R01 grant, which involves a 2-year longitudinal cohort study of 400 toddlers and their parents. We will measure parent and child media use, characterize the digital design of their media experiences as supportive or problematic, and assess child executive

functioning at 2, 3, and 4 years of age. This study aims to examine not only what family behaviors help establish healthy media practices in early childhood, but also whether manipulative digital design contributes to problematic toddler media use.

In addition to mentoring fellows, graduate students, and undergraduate students in research, my teaching has comprised clinic-based precepting of medical students, residents, and fellows. My clinical work focuses on developmental behavioral conditions in poor and underserved populations at Ypsilanti Health Center, where my teaching covers trauma-informed practice, social determinants of health, childhood adversity, and community-based advocacy. I also focus my clinical work with DBP fellows on developmental testing for autism, sensitive interviewing and feedback with stressed parents, and helping families navigate the disjointed systems of care for autism. I spearheaded a new clinic model at C.S. Mott Children's Hospital, in which we provide pre-appointment triage and phone-based guidance, as well as follow-up care by phone or in person.

Another area of my teaching, as outlined in my Educator's Portfolio, has been lecturing at pediatric training programs about children and media use, teaching at national conferences (e.g., American Academy of Pediatrics [AAP], Pediatric Academic Societies), and through creation of educational materials with AAP and Common Sense Media, a non-profit organization that aims to help families establish healthy relationships with media. I also serve on the Advisory Board for Common Sense Media's Early Childhood Initiative.

At UM, my institutional service includes interviewing medical school applicants in the 2020-2021 and 2021-2022 cycle. I have found the diversity and insightfulness of applicants hoping to pursue a career in Medicine inspiring. I also actively work with the communications team at C.S. Mott Children's Hospital to provide guidance and support for families during the stressful experiences of the COVID-19 pandemic. Locally, I serve on the Board of Directors for Child Care Network and the Medical Advisory Board for Autism Alliance of Michigan.

Throughout my time at UM, I have been actively involved in leadership positions with the AAP, serving on the Executive Committee of the Council on Communications and Media (COCM) since 2015 and first-authoring two policy statements (*Media and Young Minds* and *Digital Advertising to Children*). I have been elected to the COCM Vice Chair position for the next 2 years, after which time I will transition to Chair. My work with the AAP has included acting as a spokesperson to provide public-facing guidance about children's media use, planning the National Conference and Exhibition, and acting as the AAP representative on a national steering committee for a child-centered design policy. Through my work with the AAP, I have also had the opportunity to speak at U.S. Senate Roundtable discussions about children and media, advise legislators and Congressional staff about my research, and present at two Federal Trade Commission workshops about child technology policy. I aim to continue to conduct policy-relevant research so that our findings can have the strongest possible impact on child well-being.