



The Impact of Technology on Children

Parenting children of today's generation comes with a unique set of challenges due to the many recent advancements in technology. There is no denying the reach technology has in our lives, as well as the lives of our children.

Technology has created many positive possibilities but can negatively affect children's developing social skills, relationships, health, and overall ability to focus.

Social skills: With the increased use of technology, children might not be adequately developing their social skills. Developing social skills takes practice, and if technology is often in the way, there are fewer opportunities for kids to develop these skills

Ability to focus: Children who spend a lot of time using devices might have a reduced attention span and ability to focus due to their reliance on technology to pay attention for them.

Health problems: Technology can potentially influence the child's developing brain and problem-solving skills. For instance, the child might be reliant on a device to solve problems for them rather than using brain connections to work through a problem and find a solution. There could also be a lack of exercise due to being inside, which can cause weight gain. If kids use their devices before bedtime, this could lead to reduced sleep quality, affecting their overall wellbeing and immune system.

Dangers of browsing: With so much information available on the internet, it's difficult for parents to monitor what their children are exposed to

Tips for managing technology



Treat media as you would any other environment in your child's life. The same parenting guidelines apply in both real and virtual environments. Set limits; kids need and expect them. Know what platforms, software, and apps your children are using.



- Set limits and encourage playtime. Media use, like all other activities, should have reasonable limits. Unstructured and offline play stimulates creativity. Make unplugged playtime a daily priority, especially for very young children.
- Screen time shouldn't always be alone time. Co-view, co-play and co-engage with your children when they are using screens—it encourages social interactions, bonding, and learning. Play a video game with your kids. It's a good way to demonstrate good sportsmanship and gaming etiquette.
- Role model kindness and good manners online. Children are great mimics. Role model time spent on your own media use.
- Children learn best through two-way communication. Engaging in back-and-forth "talk time" is critical for language development.
- Create tech-free zones. Keep family mealtimes, other family and social gatherings, and children's bedrooms screen free. Turn off televisions that you aren't watching, because background TV can get in the way of face-to-face time with kids. Recharge devices overnight—outside your child's bedroom to help him or her avoid the temptation to use them when they should be sleeping. These changes encourage more family time, healthier eating habits, and better sleep.
- Teach children to identify and manage emotions to handle boredom with coping skills such as breathing, to talk about ways to solve the problem, and to find other strategies for channeling emotions instead of using technology.