

TECHNOLOGY EFFECTS ON CHILDREN

Child Like



SCREEN TIME

Technology or screen time such as tablets, cell phones, TV, and other screened technology devices should be highly limited. Having too much screen time will harm the child's development.

Children at young ages should not be having any screen time, they should be exploring the world around them. This is best for their learning and development.

Technology affects every form of development, and finding a healthy relationship with technology will be important for your child's success and development.

Understanding rules, limitations, and expectations surrounding technology will provide your child a more positive experience now and later in life.

HOW MUCH?

A child 3.5 to 5 years old should only have 0-1 hours per day and never exceed 1 hour.

The less screen time is the most beneficial.

WHY USE?

Technology can be a useful learning tool, but this doesn't mean screen time. There are other forms of technology.

SET BOUNDARIES

Setting boundaries for your children, time limits, parental controls, and expectations are important for health technology usage.

Technology can be utilized as a great learning tool when implemented properly. Many times families allow too much screen time to occur, hurting their child's development.

Having too much screen time can hinder your child's ability to regulate emotions, and understand the environment around them, and create barriers between social and emotional development.

Screen time can also **damage** fine motor development, physical development, cognitive development, memory, sensory development, and literacy development.



It is important to ensure that screen time is safe and parent-monitored.

Children should be able to view technology as enjoyable but also as a valuable tool that they can use. As your child ages, they should have the ability to be in control of their usage and not have the technology feel overpowering; taking away from their needs.

Using positive reinforcement, encouraging positive behavior, and finding a balance between home and screen time will help your child better understand proper technology usage.

Parents should also be positive role models in screen time and technology usage.



HELPFUL LITERATURE

01

Parenting for a Digital Future
By Sonia M. Livingstone,
Alicia Blum-Ross

02

Taming the Technology Monster:
by Sissy Goff

03

Polly and the Screen Time Overload by
Betsy Childs Howard

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Unplugged Ninja
by Mary Nhin

05

A Little SPOT of Responsibility
by Diane Alber

