Children and Technology: Growing Up In a Modern World

Technology has arguably changed every aspect of our society; from the way we socialize to the way we work, and everything in between. One of the most noticeable changes is in the way children play (on their own and in a group).

The interaction between children and technology is an issue that has left the parenting world divided.

Some parents and educators argue that the internet has some wonderful apps that improve the kids' language and cognitive development, in addition to life-changing programs for children with learning problems and special needs.

However, at the other end of the spectrum, experts claim that without supervision, the use of technology can have a [damaging impact](#) on the child's social and emotional well-being, to say the least.

Therefore, it's important that parents are aware on how to balance life and technology for their children. Here are some ways families can help their little ones use technology for good:

Limiting Screen Time and Encouraging Outdoor Play

It's impractical to avoid all digital technology in today's day and age, so the [American Academy of Pediatrics (AAP)](#) has set strict recommendations for limiting screen time for kids between the ages of 2–5 to just one hour a day.

The [statistics on children's technology](#) show that parents can no longer afford to ignore this issue. A survey found that 42% children have their own tablet, and children aged 8 and under spend an average of more than two hours per day using screen media!

Therefore, like every other activity that your child indulges in, media usage needs to have reasonable limits too. Set a time limit for all gadgets and make sure to clearly communicate these limits with your child—ensuring they strictly follow it.

Moreover, unplugged playing should be a daily priority for young kids. For instance, collaborative games like playing hide-and-seek with older kids, participating in various sports or "playing house."

Screen Time Isn't Equal To Alone Time

Supervision is crucial when your child is indulged in gadgets. Co-engage, co-view and co-play with your kids. This also gives you the opportunity to bond with your little one and teach them good sportsmanship and gaming etiquettes.

What's more, instead of simply monitoring your child's online activity, communicate your concerns with them, tell them what they're getting themselves into.

Teach Kids the Importance Of Online Privacy

Explain to your little ones that once content is shared on the internet, it can't be removed or deleted completely. Educate your teens on dangers of [online predators and bullies](#), and warn them about the likelihood of sex offenders lurking around on social networking platforms and even online games.

Pro tip: Remember, kids will be kids and they'll probably make mistakes somewhere along the line. Try to handle your child's mistakes with empathy and turn them into teachable moments.

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