



Technology vs Communication

Are you concerned about your child spending too much time on technology?

Technology is more accessible than ever for our children and it is forever evolving. Psychology Today (2020) states *'Technology is neither good nor bad, nor is it neutral. Technology isn't neutral because it does, clearly, have an impact on our lives'*.

Key Fact: Children as young as 4 years old are spending on average, 9 hours a day on electronic devices instead of talking to one another in real time. Adults much more.

Considerations in getting the balance right:

1. Keep them in a common area (kitchen, dining room, den, etc.).
2. Keep phones and computers out of bedrooms.
3. Have children sign up for their 1-2 hour block of time for computer use during the week and at the weekend. Each family member has to honour the amount of time that they sign up for.
4. Extended time can be granted if needed.
5. Create a technology trade: 1 hour of technology for every 2 hours of reading.
6. Model that phones and food do not go together - no phones at the table.

