

BAL BHARATI PUBLIC SCHOOL, PITAMPURA
A HANDOUT TO PARENTS FROM PINNACLE CLUB

“Ailments of the Digital Age”

Today’s modern life is surrounded with tech products. The technology has been growing rapidly for quite some time, and has now become an important part of our life. The technology has its impact on people of all fields and ages which includes our children as well.

Technology brings convenience and versatility in the way we live today especially with regards to communication, building confidence, developing hand-eye coordination, learning sounds and speech, however there is less information about its potential health hazards to children under the age of 16 and most of these reported health effects are considerably a serious matter.

Excessive exposure to gadgets can be addictive. This can lead to a sedentary lifestyle, poor health, time management and eating habits.

We have listed a few conditions and their solutions which can help us to gain some information about these health hazards and make our children aware and provide them with solutions.

1. Condition: Textneck

Text neck is usually caused by excessive use of smartphones or tablets. Due to the popularity of text messaging with teenagers, the condition is more common in adolescents and young adults, but can be seen in anyone who spends hours looking down at mobile devices.

Solution: This can be prevented by taking frequent breaks and using a range of motion exercises. Try flexing your neck by looking side to side and putting your ears down against your shoulders.

Condition: Computer vision syndrome

Overhead fluorescent lighting, the viewing angle of the display, and small font size can contribute to the eye pain and straining of the vision.

Solution: To keep your eyes healthy, after every 20 minutes, look away to a distance of 20 feet for at least 20 seconds. Such frequent breaks can help because computer vision syndrome is a fatigue problem, not an injury.

Condition: Insomnia

Working into the evening face-to-face with an illuminated monitor can play havoc on your internal clock.

Solution: Schedule an appropriate time for using the device and plan fun physical activities for your child to engage him/her.

Condition: Computer Face

According to a research, children who sit for hours in front of the gadgets and remain in one position for a long period of time are at a greater risk for the appearance of premature aging, accelerated fine lines, wrinkles, frown lines, turkey neck and deep wrinkles.

Solution: Video game consoles come equipped with parental controls built in via the system menu. These controls allow you to restrict gadget and internet access. So you can place a time limit of how often or long a child is allowed to use an electronic device, including games and television.

Condition: Carpel Tunnel

This means numbness, tingling, weakness and other problems in your hand because of the pressure on the median nerve in the wrist due to overuse of mouse.

Solution: Teach your child early about the importance of moderation. Be sure to offer praise when your child demonstrates restraint in the use of tech devices and follows the rules you've set.

Condition: Laziness in Studying

Computers make it so easy to find answers that students barely have to look for them. This may result in them having poor study habits and seeking assistance of internet and gadgets for simple problems.

Solution: You should ensure that your child is accessing the internet under your guidance to avoid discovering things that are not a part of their academics.

With the mentioned risks above, you definitely have to do something to completely protect your child against gadgets. Although the effects are not completely noticeable, there are possible long-term effects which may hamper your child's health.

We have lots of advantages of using gadgets like mobile phones, television, computers and entertainment gadgets like MP3 players, iPods etc. But these advantages can be enjoyed only if they are used with certain limits and constraints. When technology is not handled in the right way then you get trapped into it enjoying some adverse effects without even knowing that they are harmful.

Give your child an alternative way to enjoy life by spending more time with them. You can dance, eat, walk, exercise and play sports together which are more beneficial for both of you. This way, you help improve their social capacity and overall health as well.

Lead by example

Far too often, many parents do not practice what they preach and this may lead to feelings of resentment as children will feel that parents are "abusing" their power. The problem with using the "do as I say, not as I do" parenting method is that it will undermine your authority and indirectly teach your child that as he gets older, he doesn't have to play by the rules.

Few actions for parents and children to help "unplug":

1. Plan fun family activities that don't involve technology.
2. Giving in to peer pressure should also be avoided.
3. Think back to your own childhood and play your own favorite games with your children.
4. Encourage them to play the real deal in the park or go as a family to a local match.
5. Practice what you preach: When your children are having screen-free time, turn off your devices too.
6. There is a special [**iOS app**](#) which automatically tracks how much your child uses iPhone or iPad each day. You can set daily limits and be notified when your kid goes

Communication is the crux of parenting.

It is high time now that we monitor our child before it is too late. So let us take charge and help raise better adults for future.