

# 5 Methods to reduce technology impact on child's life

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# Hello!

I'm Swati, have 8+ years of experience making your parenting journey easier, happier, more satisfied, and confident. I'm the author of book "The Power Of Parenting," and the founder of "The Elegancia Play School". I am predominantly the originator of the "Curated Parenting Hub" which cater to early childhood education and empower parents to help their children to reach their full potential.

I'm on a mission to help parents find happiness and deep affinity in their parenting journey.



**Swati Tripathi**

What????

# Technology

Every facet of our society has been altered by technology. It affected everyone, encompassing all generations, from the oldest to the youngest, even children.

Technology is a fantastic tool for providing information and connecting with others for adults, but it is a different world for children, who are more interested in learning about the latest technology and gadgets. It has a direct impact on our children's childhoods. Although technology has many wonderful aspects for us, it also has many bad aspects for our young children. It will have an impact on their mental, social, and emotional growth.

Why ????

# Effects of Technology on Child Development

The brain of a child begins to grow at a young age, and it differs from that of adults. Their brain should be more imaginative and active during childhood. When people use the internet technique, they rarely use their thinking, visualizing, or processing capacity directly. We used to go to the library to read, imagine, and participate in activities to figure out the solution when we were kids. Our brain becomes more active as a result of this. We have many options today, yet children are losing certain important habits due to technology and getting this issues --

- Low Attention Spans
- Emotional Development
- Less Physical Activity
- Bad Eyesight
- Speech Delay and many more....

How ???

# 5 Methods to reduce technology impact on child's life

Method 1..

## Encourage to Play

Kids enjoy playing, and encouraging our children to play is one of the best ways to keep them away from technology. It can take place either indoors or outdoors. They will become healthier and more active as a result of this. These activities will improve their fitness and strengthen their immune system. You can also organize for various games or activities.

## Method 02

# Be a strong role model

We can provide some fantastic examples on how to properly employ technology. We should rethink our technology requirements and set limits on how we use it. Avoid using social media in front of children as much as possible. Spend some time reading their books and, on sometimes, the newspaper. Also, writing anything in your diary or making a note in front of them will push them to improve their reading and writing skills.

## Method 3

# Habit of imagination

Generally speaking, children are born with the ability to listen and watch. We should encourage and develop this habit of imagining. It will assist them in being more creative and active in their minds. With the help of a story, we can teach our children anything. Start putting imaginative characters for their narrative in place of animated cartoon ones. More imagination and curiosity about the stories will be beneficial.

## Method 4

# Inculcate hobby

Children frequently request electronic gadgets as a result of boredom; they want something exciting, attractive, creative, and novel.

These are all essential characteristics of a hobby.

Painting, coloring, gardening, dancing, singing, playing games, skirting, reading books, or waving stories around them are all things you encourage kids to do.

When youngsters become involved in their hobby, they are less likely to become bored and are more eager to learn new things.

## Resource 5

# E- Fasting

E-fasting is one of the most effective methods for avoiding dangerous electronic devices; it means fasting from using electronic devices such as a mobile phone, laptop, or television.

This is a concept you could introduce to your family.

I understand that doing this throughout the week might be challenging due to your regular office duties, but you can easily do it on weekends.

You communicate to all family members for at least two hours of e-fasting this weekend and spend meaningful time with your youngster.

You may visit a nature park or organize a game for all of the members. It's a fantastic activity that fosters strong bonds.

# Happy Parenting

I hope you find this Ebook useful.  
To learn more about parenting in the twenty-first century and to connect with me.  
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