

What can you do now?

American Academy of Pediatrics and Canadian Pediatric Society recommend NO technology for children 0-2 years, no more than one hour per day for children 2-5 years, and no more than 2 hours per day for children 5-12 years.



Manage technology use

Try one of the following strategies to better manage balance between technology use and healthy activity, for your whole family!

Disconnect to reconnect by creating sacred times without technology:

- hour a day (dinner), day a week (Saturday), week a year (holiday).
- while driving in the car and eating at restaurants.
- Hour prior to bed. Try bath, book, bed...and no screens in bedrooms!

Balance 'energy in' (technology) with 'energy out' (movement, touch, connection, nature). An hour 'in' = 'out'.

Start healthy activities

Ride bikes, build a couch or table fort, prepare and eat dinner as a family, paint, color, make crafts, dance, play wrestle, listen to music, play cards or a board game, invent your own game, garden, read books, play a sport, make cookies, do chores...but do it TOGETHER!



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Unplug'in Brochure



***'Must read'
information for
everyone who loves
their children!***

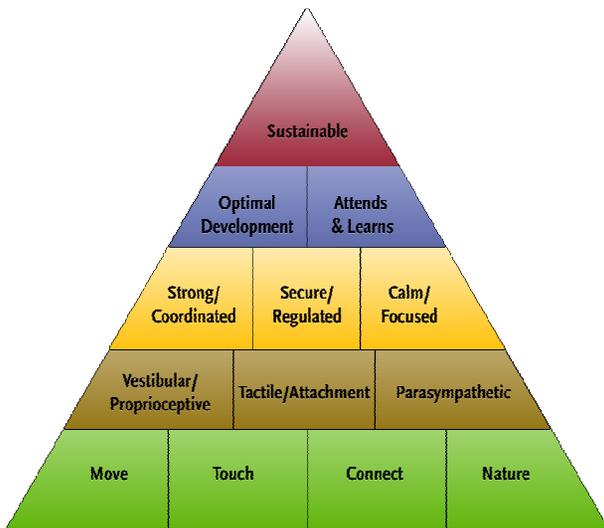
**Addressing the effects of
technology on child
development and learning.**

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Child development and behavior



In order for children to develop and behave properly, they require lots of **movement, touch, connection** with their parents, and exposure to **nature**.



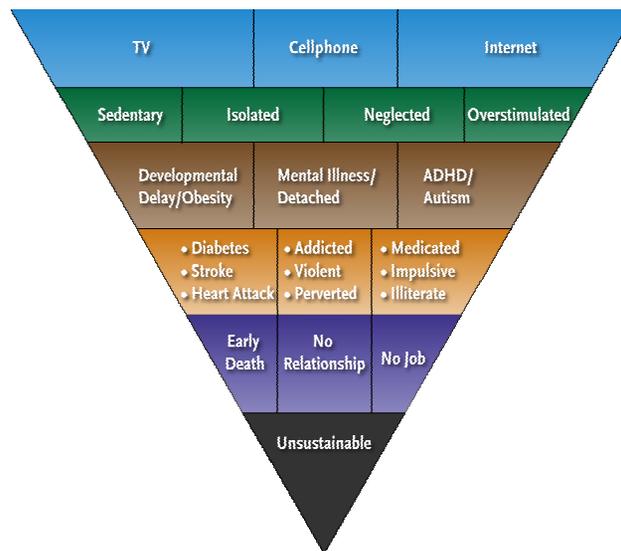
Building Foundations

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When children **move**, they build strong, stable core and their muscles become coordinated, making it easier for them to print and read when they enter school. **Touch** helps children to feel secure and able to self soothe and regulate their energy states. Human **connection** is life sustaining, and is the foundation for all future relationships. **Nature** helps children become calm, focused, and able to learn. In order for children to develop and behave properly, and learn at school, they need lots of **movement, touch, connection** and **nature**.

Technology (TV, internet, cell phones)

Children now use an average of 7.5 and youth 9.0 hours per day of entertainment technologies (cell phones, tablets, TV, gaming). Technology overuse causes children to be **sedentary, overstimulated, isolated** from others, and quite possibly **neglected** by their parents & teachers.



Virtual Futures

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Any time children spend using technology is detrimental to their development, behaviour, and their ability to learn. The younger the child is, the worse the effect technology has. Early use of tech, violent content, and long duration of use are to be avoided.

Children are our future, but there is no future in Virtual Reality!

How do you know if your child is using too much technology?

Technology is very addicting, and if your child cannot easily put down technology and go outside and play, then they may have a problem.

If your child has any of the following symptoms of technology overuse, then it would be wise to start making some rules to restrict technology use. Start with a family meeting to discuss where you can begin to reduce the use of technology...together.

- ✓ Aggression/defiance
- ✓ Delayed development
- ✓ Obesity/diabetes
- ✓ Sleep deprivation
- ✓ Depression
- ✓ Anxiety/agitation
- ✓ Emotionally detached
- ✓ Lack of play/sports activities
- ✓ Attention deficit
- ✓ Learning difficulties

