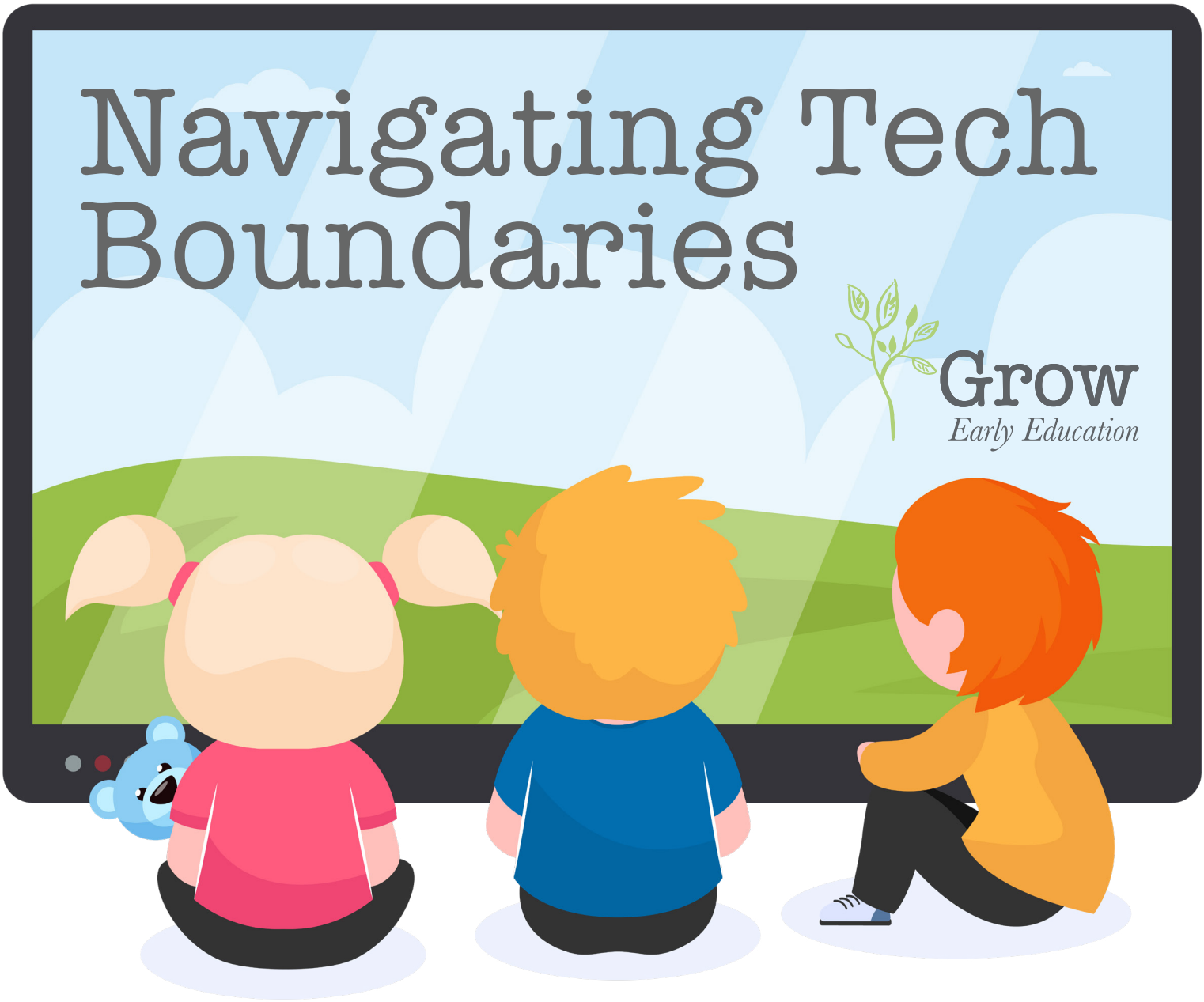
Navigating Tech Boundaries

Grow
Early Education



Just as adults would get annoyed if their movie stopped playing halfway through or someone suddenly took their device away – children can feel very frustrated and annoyed when their device is suddenly taken away, especially when they are really enjoying a game or movie.

We have compiled a few ways to better prepare your little one next time they have dedicated device time.

1.

Prepare your children

- Try saying "you can watch two episodes of this show" or "when this game is finished, we will stop."
- Telling the child what activity is coming next could also help them to better understand. For example; "after this episode, we will go have dinner" or "after this game, we will go to the park."
- These help children to know how much time they have left on their device and allow them to finish what they are enjoying.

2.

Do something for "real life" inspired by the screen

- Merge their digital world with their physical world with some games inspired from their devices. For example; a Bluey fan might enjoy getting off their device to play a game of 'Keepy Uppy.'
- Music and Songs have also been known to create a successful transition, try playing the soundtrack from their favourite movie for them to dance to or engage with.

3.

Give children the choice to decide

- Offer the child to have the power to decide when they have had enough device time by saying "would you like to watch two or four episodes of this show?" or "would you like me to set a timer for when your game is finished?"
- By saying this, it helps children feel like they have some choice over how long they get to use their devices for.

Source: The Parents Website