DIGITAL WELLBEING

Educating or children to develop a good balance between technology time and active time is paramount.

Too much of anything is not good for us.

Maintaining a healthy balance is good for our brains, muscles and bodies!

Watch this video:
https://www.commonsense..org/education/videos/media-balance-is-important

Ask children:
- Do your devices get put away when you go to bed?
- When someone speaks to you when you are on technology, do you stop and engage with them?
- How do you feel when you use technology? (eg, ipads)
- How do you feel **after** you've used technology? (eg, tired, eyes hurt, grumpy)
- What do you enjoy doing **outdoors** away from technology? (eg, kicking a ball, finding things in the garden, running around)
- Brainstorm with your children what else can we do instead of being on technology?

Suggest setting a break time of 15 minutes for every 45 minutes on technology!

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