Healthy Digital Habits
THE IMPACT OF DIGITALISED CHILDHOODS

DO YOU REMEMBER...

1990s

2010s
DO YOU REMEMBER...
Overview

// Digitalised childhoods
// Physical implications
// Social & emotional implications
// Learning implications
In the 1970s, the average age at which children started to watch TV was around 4 years and today, it’s 4 months!

Children aged 8-18 years are spending over 7 hours and 38 minutes/day with media.
Overview

// What’s a digitalised childhood?
// Impact of digitalised childhoods
// What schools must do
Video source: https://www.ted.com/talks/sherry_turkle_alone_together/
Impact of Screens

1. Physical Implications
2. Social & Emotional Implications
3. Learning Implications

Impact of Digitalised Childhoods

1. Physical Implications
2. Social & Emotional Implications
3. Learning Implications
1. Physical Implications

BASIC NEED - Physical Movement
AUSTRALIA’S
recommended sedentary and physical activity guidelines

0-2 YEARS
Children aged 0-5 years should be restrained or inactive for no more than one hour at a time (excluding time for sleep).

2-5 YEARS
3 hours/day of physical activity (light, moderate or vigorous) spread throughout the day.

5-12 YEARS
At least one hour of moderate to vigorous intensity physical activity every day.
Essential Skills

Physical Skills
Playtime’s Over
Are over-protective parents killing the fun of growing up?

BASIC NEED- Sleep
<table>
<thead>
<tr>
<th>Age range</th>
<th>Amount of sleep required/24 hour period</th>
</tr>
</thead>
<tbody>
<tr>
<td>Newborns (0-2 months)</td>
<td>14-17 hours</td>
</tr>
<tr>
<td>Infants (4-11 months)</td>
<td>12-15 hours</td>
</tr>
<tr>
<td>Toddlers (1-2 years)</td>
<td>11-14 hours</td>
</tr>
<tr>
<td>Preschoolers (3-5 years)</td>
<td>10-13 hours</td>
</tr>
<tr>
<td>Primary School Children</td>
<td>9-11 hours</td>
</tr>
<tr>
<td>Pre-teen and Teen</td>
<td>8-10 hours</td>
</tr>
</tbody>
</table>

### Night Shift

- **Night Shift** automatically shifts the colors of your display to the warmer end of the color spectrum after dark. This may help you get a better night's sleep.

- **Scheduled**
  - From: Sunset
  - To: Sunrise

- **Manually Enable Until Tomorrow**
  - Less Warm
  - More Warm
Posture

http://www.ergobreak4kids.com/
WiFi Worries

- My eyes are at the top of the screen
- I am sitting arms's length away from screen
4. Social & Emotional Implications
BASIC NEED - Relationships
The hippocampus (highlighted in fuchsia) is a key brain structure important to learning, memory and stress response. New research shows that children who were nurtured by their mothers early in life have a larger hippocampus than children who were not nurtured as much.

Source: https://news.wustl.edu/news/Pages/23329.aspx
Self-Regulation Skills

‘Sharenting’
BASIC NEED - Play

Social skills deficit
When selecting toys for children, it should be 90% about what the child can do and 10% about what the toy can do.
Cyber-Bullying

Pornography
BASIC NEED- Executive Function

WHAT IS EXECUTIVE FUNCTION?
Executive Function Skills Build Throughout Childhood and Adolescence

A range of tests measuring different forms of executive function skills indicates that they begin to develop shortly after birth, with ages 3 to 5 providing a window of opportunity for dramatic growth in these skills. Growth continues throughout adolescence and early adulthood; proficiency begins to decline in later life.

2. Changed Learning Preferences

What's the opportunity cost of screen time?
Creating Glogster
Communicating
Consuming QR Codes
Jack & the Beanstalk

Gaming
Creating & communicating more than consuming

Visual Dominance
Instant Feedback

Motion Math Hungry Fish
Attention Spans

Abstract Thinking Skills
Multi-Tasking

Collaborate
What Schools Must Do

Greentime
Unplug

"Technology is a bit like fertilizer. Use a little bit and the right type and the plant will blossom. Use too much, or the wrong type and you’ll burn the plant."

~Warren Buckleitner
Screen-Free Zones + Times

Help Parents
3. Learning Implications

Attention Span Training
Care Instructions
This item is fragile.
If used incorrectly, it may weaken or fade.
If used properly, it will become stronger and brighter.
Do not expose it to more than one source of information at a time.
Let it rest for a moment between every use.
Clear it at least once per week in fresh air and sunlight.
Beware that it will take on the colour and shape of whatever it is exposed to.
This item is easily stolen, so do not leave it exposed.
Smiling Mind
We have to find healthy and helpful ways to use technology with young children... and minimise any potential risks to their health & wellbeing.

-Dr Kristy Goodwin