

DIGITAL DETOX

Tech-addicted kiddo? Get him offline NOW!

Writer & journalist **Arundhati Nath** tells you ways to keep kids away from technology in today's social media-obsessed world...

It's a no-brainer that the millennial child raised in this high-tech, digitally connected globe has become a tech addict and a slave to gadgets of varied screen sizes. As parents, we, too, do not want our child to miss out on anything, and so shower them with gadgets of all kinds, without bothering about the after-effects. Dr Victoria L. Dunckley, M.D, integrative child, adolescent and adult psychiatrist and author of *Reset Your Child's Brain: A Four-Week Plan to End Melt-*

YOUR KID IS TECH ADDICT IF...

- He/she prefers to stay indoors playing with a smartphone rather than be outdoors, ask them to play outside
- He/she pesters you for the iPad, then tell them when told their time is up
- He/she expects to play with your phone in restaurants, be strict



it their screen time if they want their children to do the same, and have some 'tech-free' time for an hour

downs, explains that screen time can negatively impact a child's ability to make eye contact, form relationships, express creativity, develop empathy and display good sportsmanship.



every day.

Ask them to go outdoors

Parents or teachers need to get involved with children in activities the kids show interest in. These can be singing, art and basic crafts, playing the violin, going on a nature trek, dancing, creative writing or gardening.

Create a low-tech home environment

Andy Crouch, author of *The Tech-Wise Family: Everyday Steps for Putting Technology in Its Proper Place*, advises parents to create a low-tech home environment. Buy more sports equipment, books, crafts, music CDs or board games.

Fix your kid's screen time

Parents must ensure that they lim-

Be patient with kids

Though it will take some time and patience to wean away a child from screen addiction, reasonable restrictions on tech use and finding alternative, but creative, ways to pass time will help in holistic development of a child.

