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Newsletter



TECHNOLOGY

Can't Live With it and Can't Live Without it

The leaves are turning and the weather has changed. As we head toward the holidays and the gift buying season, most everyone will have some item of technology on their dream list. Before you run out and purchase these tempting devices, it might be good to do a little reading...not about how the devices perform but how they impact our lives and our children's lives.

So often now in meetings, everyone around the table brings their smart phones. I rarely do this because there are very few calls that would ever trump the meeting I'm in at the moment. How many things could possibly cause you to run from the room and take a call and abandon the people in the room. I imagine not many. Do we really need to see every email, text or call roll in on our phone? When you consider the behaviors of adults around you and their own technology "attachment," it might cause us to think about how we have contributed to our children's technology behavior.

TECHNOLOGY FOR CHILDREN

You're going to have to decide

What started out as an information quest about technology and our children, has landed on "you will have to decide." After hours of reading and researching, we have come to believe that it is much like the discussion about how much television children should watch from years ago. There's lots of information available. For many of us older parents and in some instances grandparents, this is a continuous discussion from years ago. For new and younger parents, this might seem like a challenge from your generation. This started years ago with television. And if we are honest, there has always been something that "kids are doing" that causes parents to be concerned. For now, it's the amount of technology use.

TECHNOLOGY AS A TOOL

For many, computers and small computers (iPads) are tools to help build reading skills and encourage learning. It is even a tool that helps those who have fallen behind to [catch up](#). In really thinking about technology as a tool, it leads one to think that when focused and directed these tools are amazing and helpful. It is the endless use that has no destination or purpose that causes concern with parents and educators.

TOO MUCH SCREEN TIME CAN BE DAMAGING

An article in PC Advisor by Simon Jary was the most interesting on the topic. It contains the good, the bad and the "in between" on the topic. In the article, Jary makes a case that screen time is addictive and actually changes the chemistry of our brains. He makes the case that children under 2 should not have technology as a teaching tool. This article is packed with tips and tools to help regulate and establish some family guidelines for technology use.

[Read more.](#)

AND THEY SHOULD KNOW

And when it comes to the developers and creators of the technology that we love and use everyday, this information caused us to really think about technology. In an article in The Guardian by Amy Fleming, she has compiled leading technology gurus' philosophy when it comes to their own children. This includes leaders from Apple, Mind Candy, Google and more. It's really quite interesting. It all comes down to the love of our children. Even these techies know that children need more than a screen.

[Read the article.](#)

Technology is good, it has changed our world. It brings information to us anywhere, anytime. It opens minds and creates bigger thinking. But like all things, "balance" is needed. Technology can't ever be substituted for the human interaction. And, technology isn't going away.