

Dear Parents,

It is alarming to see how we have become a prisoners of technology. It is true that these devices came to our rescue during this pandemic situation. We live in a world where the mobile phones surround us, and they have become the vital part of our daily life. They become so important that we grew addicted to them. The result is – ‘Your children will become who you are’. They end up addicted to the cell phone which may cause lack of concentration. Even though we have screen rules, they nag us to play games on a cell phone. So how do you find balance: How can you balance allowing your kids time to play on mobile devices without it taking over?

- ❖ Get active – Make sure your kids do something active frequently.
- ❖ Set an example – Spend quality time with children.
- ❖ Working Partners – Make them the partner in the household work. Let them share.
- ❖ No mobile before bed – Kids need sleep. The artificial light can interfere with their sleep patterns. Best not to use mobile phones before they go to sleep.
- ❖ State the limits – Calmly state the limits even when children nag.
- ❖ Family fun time – Spend lots of time doing fun family activities. Have fun being together. Elders from family can engage them with stories. In the case older children. Play come indoor games like carom board, Ludo etc.



Regards,

*Nirmala Gutta*

Principal