

TECHNOLOGY & THE DEVELOPING YOUNG CHILD

Little Madison Academy

Rowan, C. (2017, December 7). The Impact of Technology on the Developing Child. Retrieved from https://www.huffpost.com/entry/technology-children-negative-impact_b_3343245

HOW IS TECHNOLOGY
IMPACTING TODAY'S
YOUNG CHILDREN?

RELYING ON TECHNOLOGY FOR MAJORITY OF PLAY

Has the following effects on
children:

- Does not challenge creativity or imagination
 - Sedentary lifestyle
 - Increase of physical, psychological & behavior disorders
 - Increase of obesity & childhood disease
-

SEDENTARY BODIES

1. Sedentary bodies bombarded with chaotic sensory stimulation:
 - a. May develop milestone delays
 - b. May lack basic foundation skills to achieve literacy



BRAINS HARD-WIRED FOR HIGH SPEED

- Struggle w/ self-regulation & attention skills required for learning
- Struggle w/ behavior management



- Are associated w/ increased diagnosis of the following:
 - ADHD
 - Autism
 - Coordination Disorder
 - Developmental Delays
 - Unintelligible Speech
 - Learning Difficulties
 - Sensory Processing Disorder
 - Anxiety
 - Depression
 - Sleep Disorders

CRITICAL FACTORS FOR HEALTHY CHILD DEVELOPMENT

MOVEMENT
TOUCH

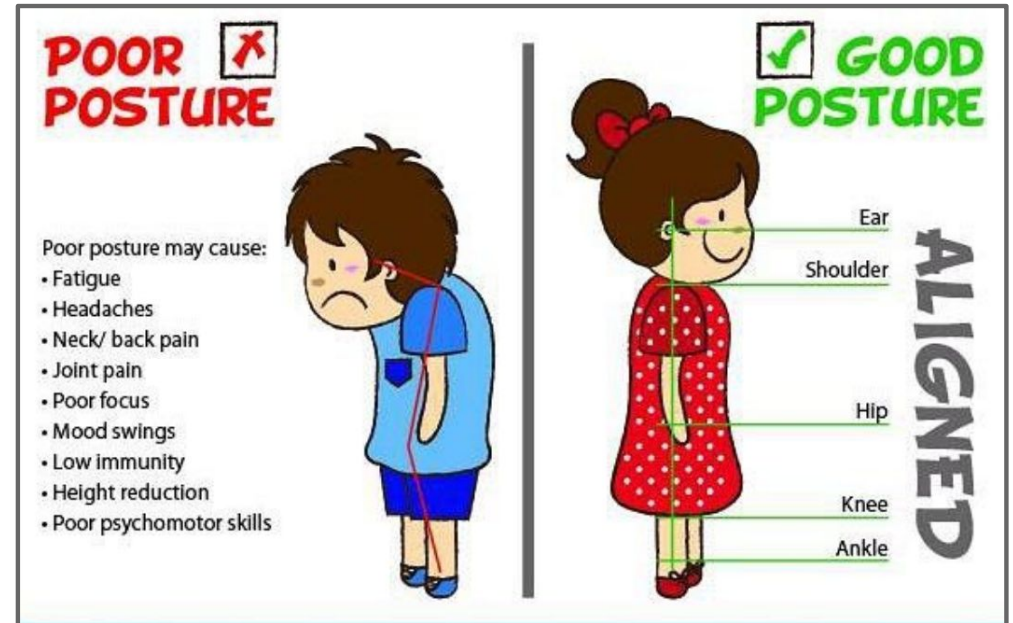
HUMAN CONNECTION
EXPOSURE TO NATURE



MOVEMENT

Ensures normal development
of:

Good Posture



MOVEMENT, TOUCH, HUMAN CONNECTION & EXPOSURE TO NATURE

Ensures normal development of necessary foundational skills.



MOVEMENT, TOUCH, HUMAN CONNECTION & EXPOSURE TO NATURE ENSURES DEVELOPMENT OF:



Bilateral Integration Stages

Symmetrical Integration



Reciprocal Integration

Asymmetrical Integration



Crossing the Midline

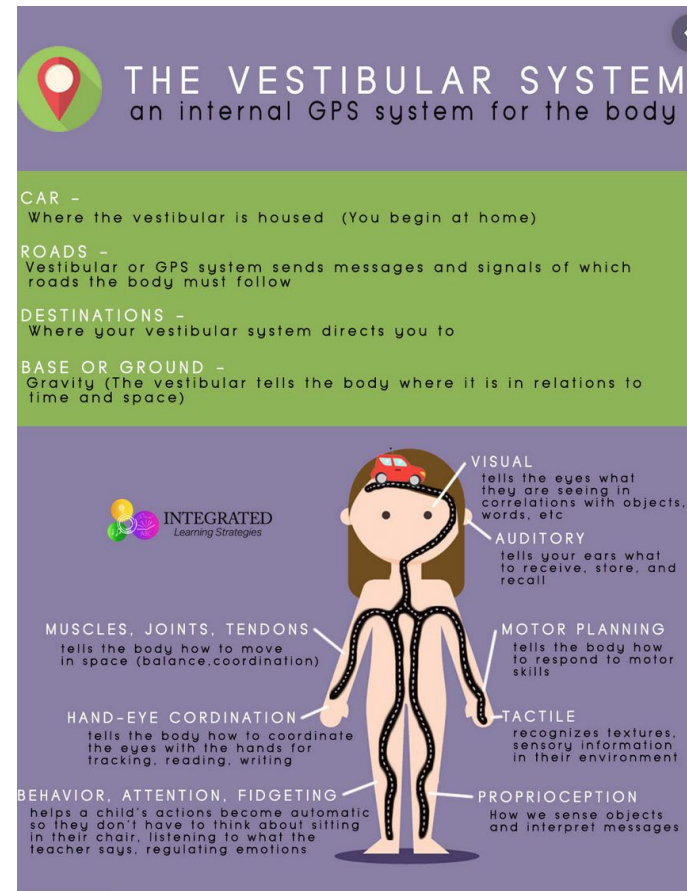
2-3 HOURS OF ACTIVE PLAY/DAY ACHIEVES:

Adequate development of vestibular system which provides brain w/ info about:

- Motion
- Head position
- Spatial orientation

Which helps with:

- Balance
- Movement
- Posture



2-3 HOURS OF ACTIVE PLAY/DAY ACHIEVES:

Adequate development of proprioceptive systems:

- Sense of self-movement & body position

Adequate development of tactile systems:

- Using the 5 senses to sense of the world

Signs of Proprioceptive Difficulties

You may notice some or many of these...

- Clumsy
- Accident prone
- Crashes into things - often purposely eg lounge, bed
- Enjoys rough physical play, wrestling
- Bumps into others, often without realising
- Walks loudly, stomps
- Chews on objects - pencils, clothes, objects
- Likes tight spaces - under bed, lounge, in corners
- Piles pillows, cushions, blankets on themselves
- Runs their hands along walls in rooms and hallways
- Difficulty navigating stairs
- Appears lethargic, low energy or lazy

OR

Presses too hard with pencil Breaks pencils, squashes textas, tears through paper	Presses too softly with pencil
Shakes hands and high fives too hard	Shakes hands and high fives too softly
Very high pain threshold Need to be very careful, as these kids could be hurt or sick and you might not realise.	Low pain threshold
Likes tight clothes	Hates tight clothes

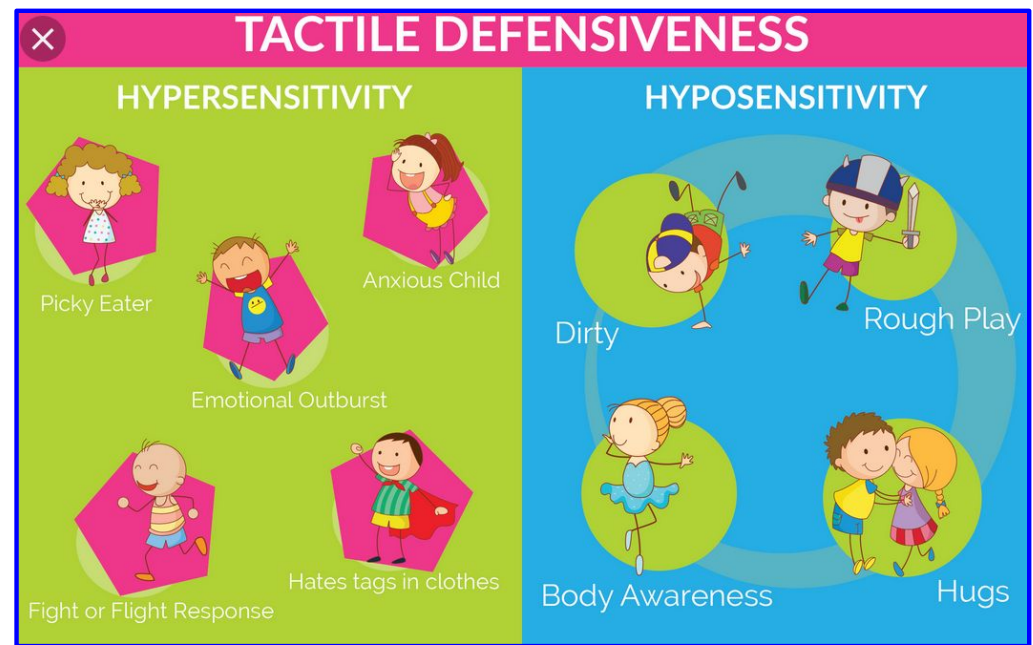
 **Starfish**
EDUCATION CENTRE

800 x 1200

2-3 HOURS OF ACTIVE PLAY/DAY ENSURES:

Tactile Stimulation Through Touch and Helps:

- Develop planned movement patterns
- Activate the parasympathetic system
 - Lowers cortisol
 - Nature's built in alarm system
 - Lowers adrenalin
 - Fight or flight response
 - Lowers anxiety



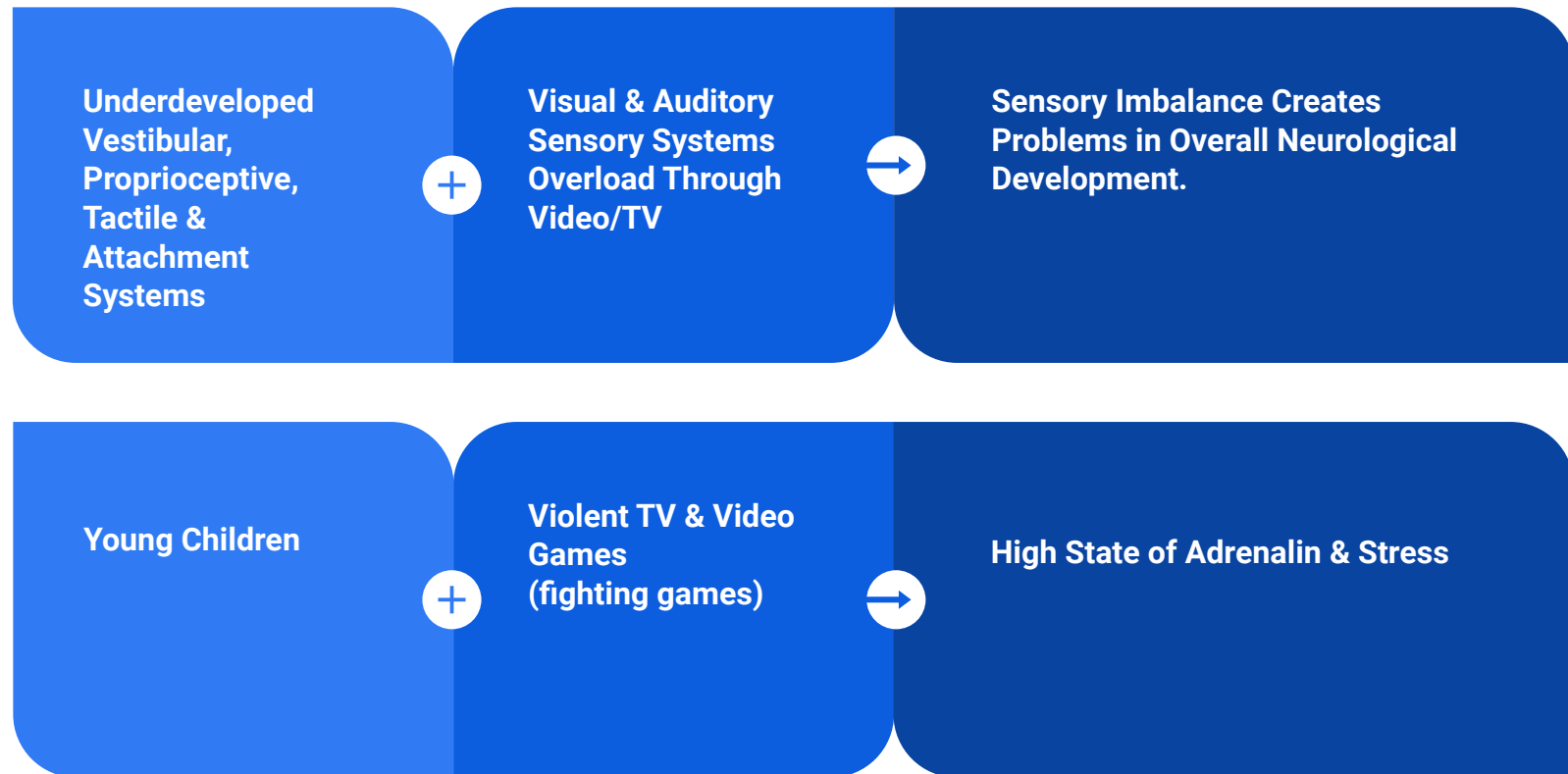
NATURE & GREEN SPACE HAS A POSITIVE EFFECT

- Calming influence
- Attention restorative
- Promotes learning

Little Madison Academy provides a minimum of an hour of active play per school day.



FURTHER ANALYSIS OF IMPACT OF TECHNOLOGY ON YOUNG CHILD



LITTLE MA'S RECOMMENDED SCREEN TIME (TV/DEVICES)

BASED ON RESEARCH

Developmental Age	How Much	Non-Violent TV/ Non-Violent Games	Non-Violent/ Violent Video Games	Online Violent Games & Pornography
0 - 2 years	None	Never	Never	Never
3 - 5 years	1 hour/day	Yes	Never	Never
6 - 12 years	2 hours/day	Yes	Never	Never
13 - 18 years	2 hours/day	Yes	Limit of 30 minutes/day	Never

ADDITIONAL RESOURCES

Why Are Kids Impatient, Bored, Friendless, and Entitled?

<https://deeprootsathome.com/kids-friendless-bored-impatient/>

MRIs show screen time linked to lower brain development in preschoolers

<https://wgntv.com/2019/11/05/mris-show-screen-time-linked-to-lower-brain-development-in-preschoolers/>

REFERENCES

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