



Healthy Digital Habits

THE IMPACT OF DIGITALISED CHILDHOODS

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DO YOU REMEMBER...

1990s



2010s



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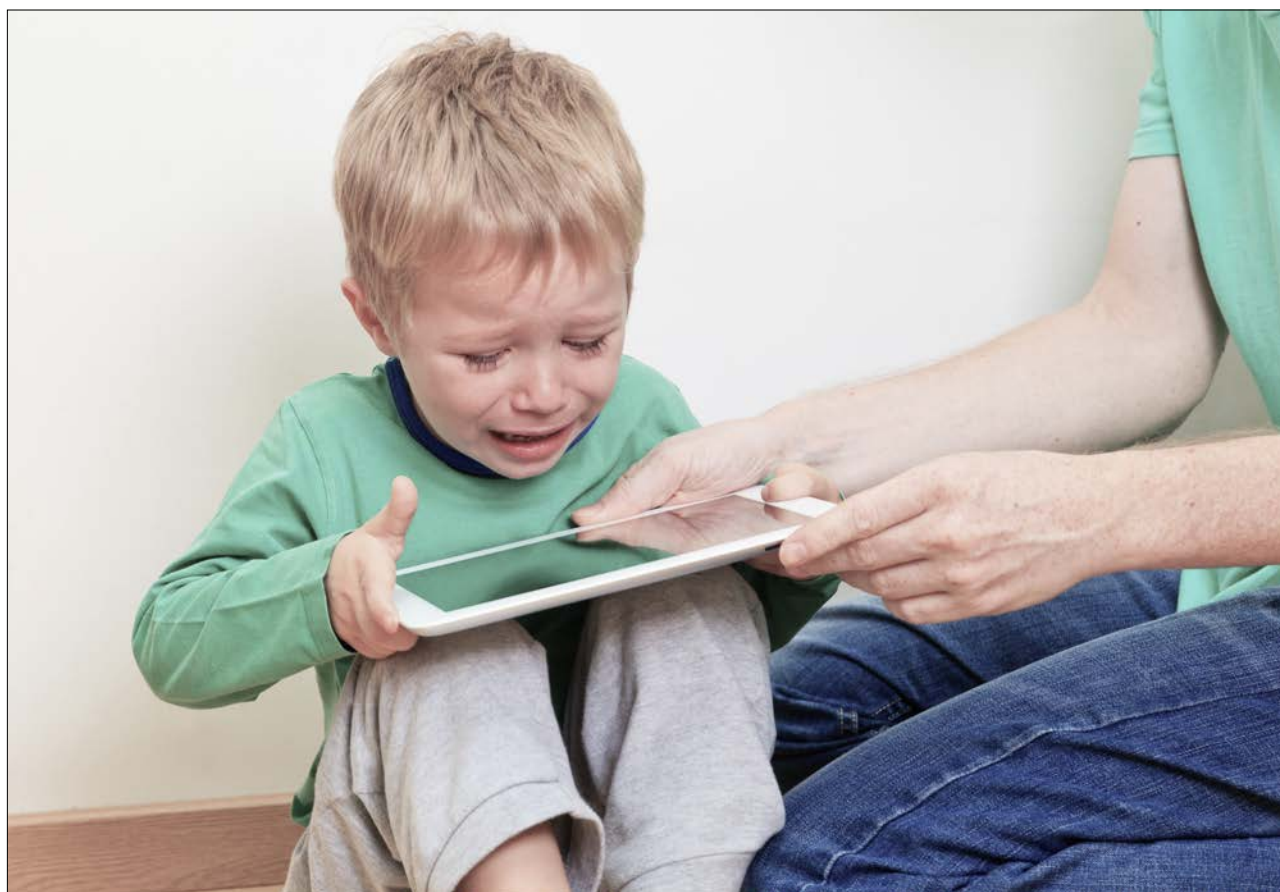
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DO YOU REMEMBER...



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<http://petapixel.com/2015/10/08/woman-spotted-without-phone-camera-got-out-is-now-an-internet-sensation/>

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Overview



// Digitalised childhoods

// Physical implications

// Social & emotional
implications

// Learning implications

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Digitalised Childhoods



0-8 years

1:55 hours
per day



In the 1970s, the average age at which children started to watch TV was around 4 years and today, it's 4 months!



8 - 18 years

7:38 hours
per day



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





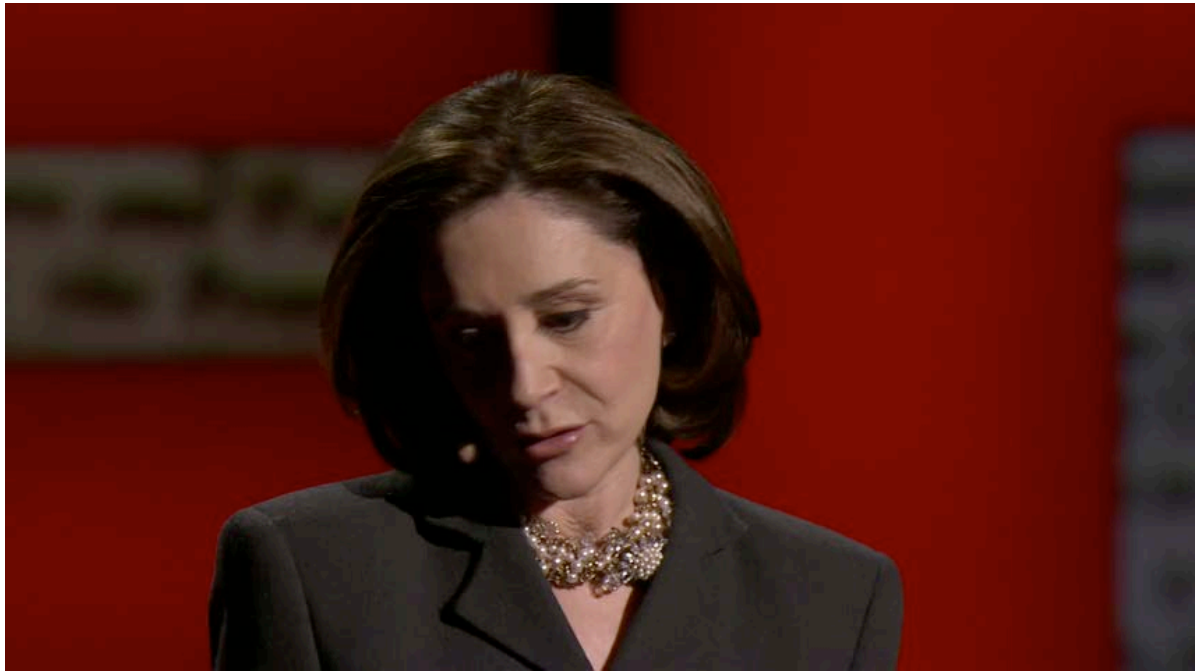
Overview



// What's a digitalised childhood?

// Impact of digitalised childhoods

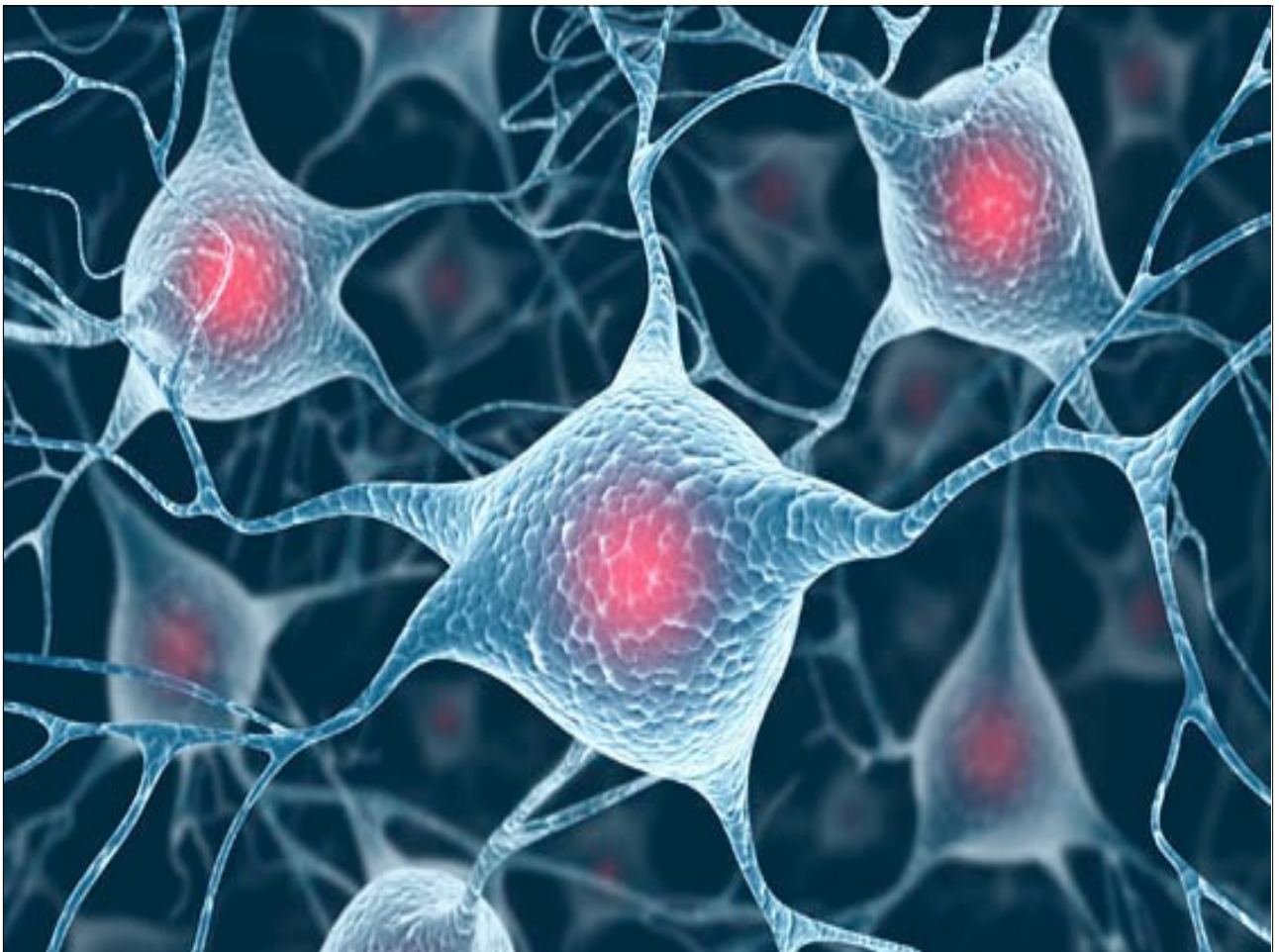
// What schools must do



Video source: https://www.ted.com/talks/sherry_turkle_alone_together/

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Impact of Screens



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Impact of Digitalised Childhoods

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



1. Physical Implications



BASIC NEED- Physical Movement

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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



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Physical Skills



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BASIC NEED- Sleep

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Age range	Amount of sleep required/24 hour period
Newborns (0-2 months)	14-17 hours
Infants (4-11 months)	12-15 hours
Toddlers (1-2 years)	11-14 hours
Preschool (3-5 years)	10-13 hours
Primary School Children	9-11 hours
Pre-teen and Teens	8-10 hours

Night Shift

[Settings](#)
Display & Brightness

BRIGHTNESS

Auto-Brightness ☒

Night Shift Sunset to Sunrise >

DISPLAY ZOOM

View Standard >

Choose a view for iPhone. Zoomed shows larger controls. Standard shows more content.

Text Size >

Bold Text ☐

[Display & Brightness](#)
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 To [Sunset](#) [Sunrise](#) >

Manually Enable Until Tomorrow ☐

COLOR TEMPERATURE

Less Warm More Warm



Vision



Hearing



Posture

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**MY EYES ARE AT THE
TOP OF THE SCREEN**



**I AM SITTING ARMS'S
LENGTH AWAY FROM SCREEN**

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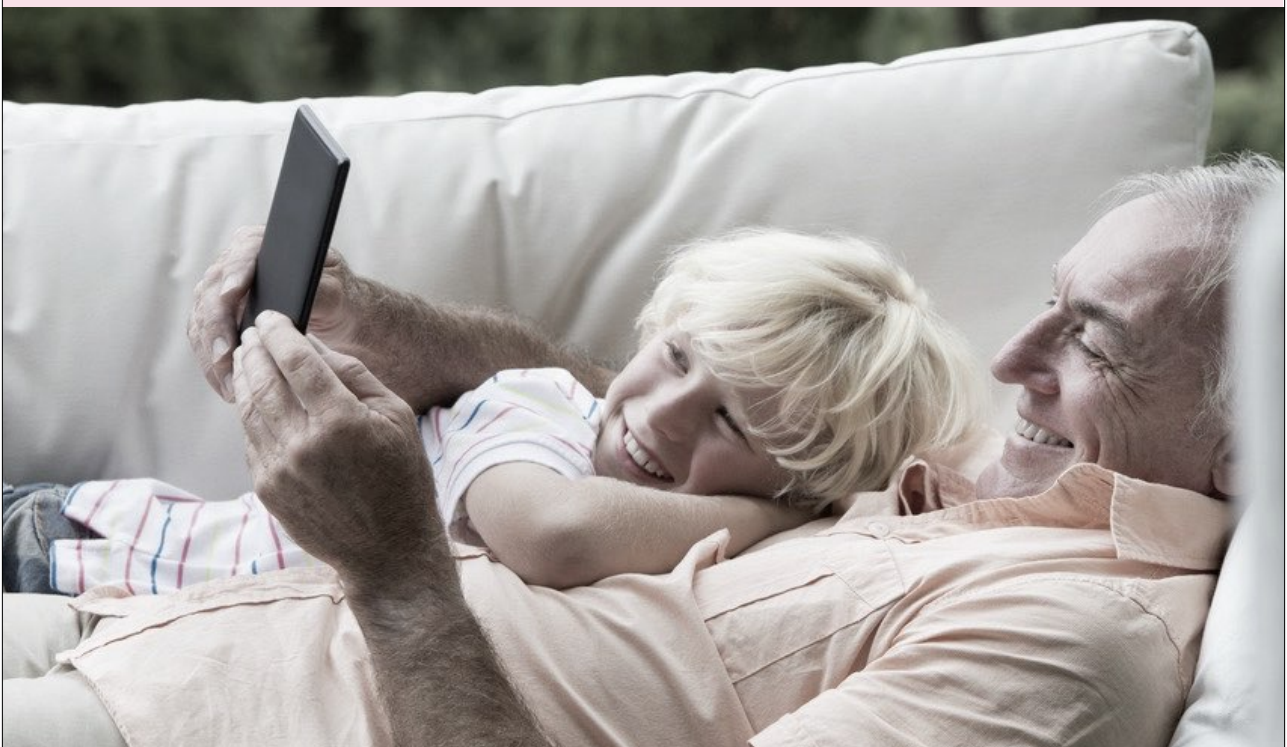
WiFi Worries

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4. Social & Emotional Implications



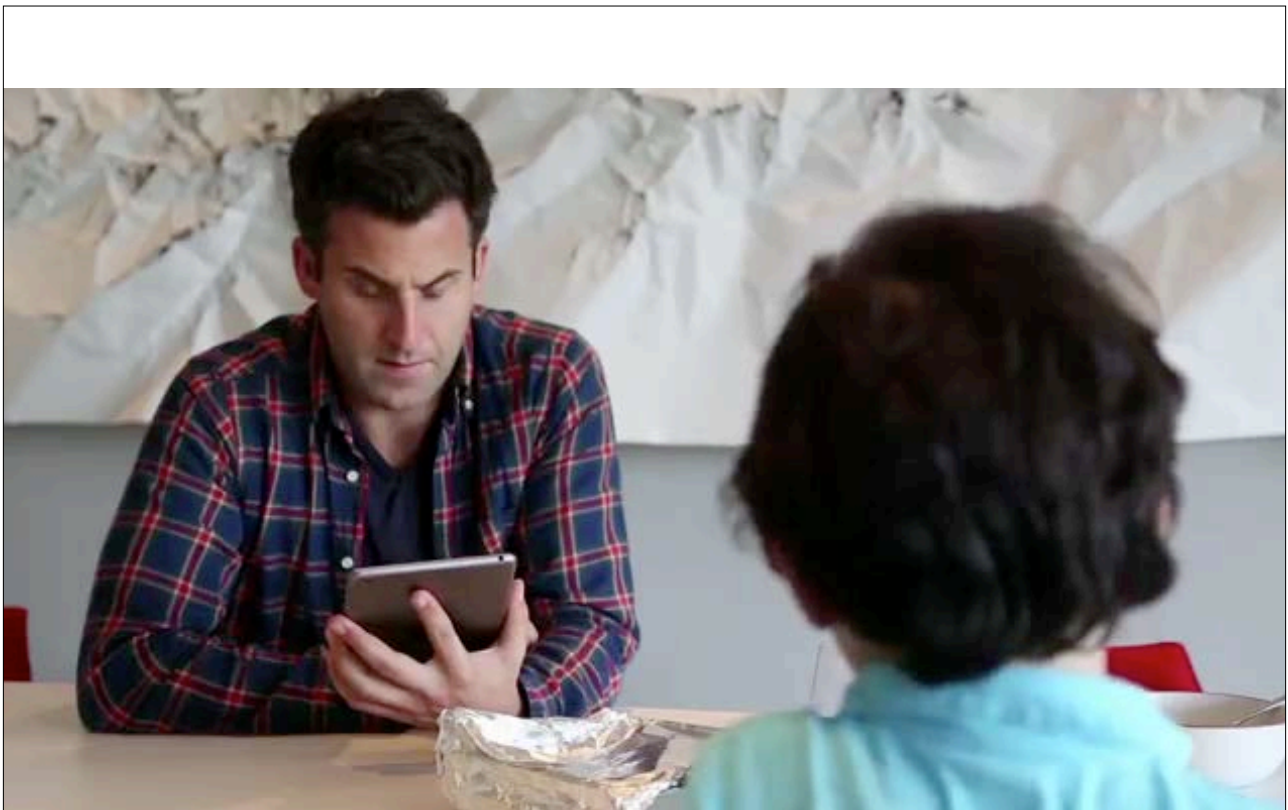


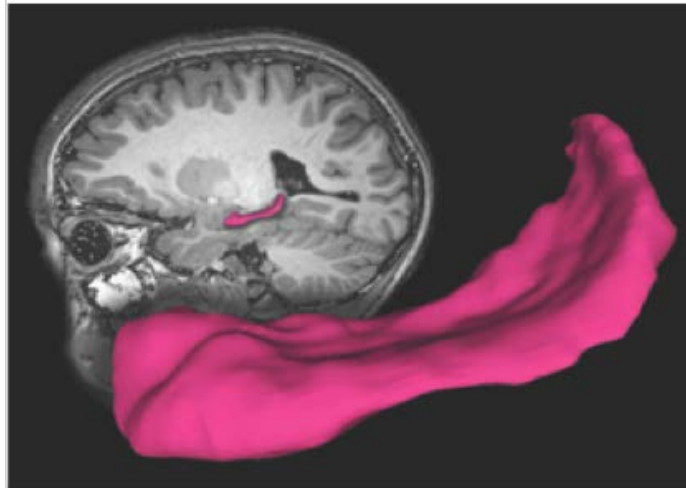
BASIC NEED- Relationships

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WASHINGTON UNIVERSITY SCHOOL OF MEDICINE

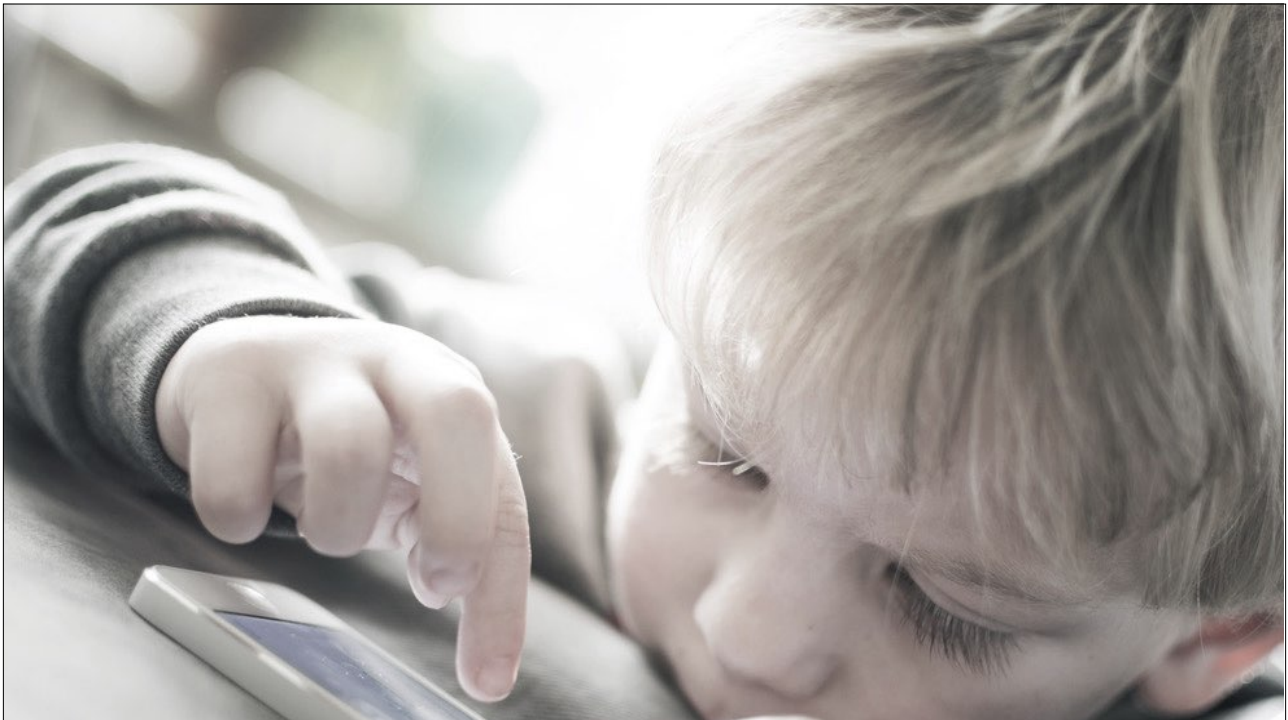
The hippocampus (highlighted in fuchsia) is a key brain structure important to learning, memory and stress response. New research shows that children who were nurtured by their mothers early in life have a larger hippocampus than children who were not nurtured as much.

Source: <https://news.wustl.edu/news/Pages/23329.aspx>

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Self-Regulation Skills

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‘Sharenting’



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BASIC NEED- Play

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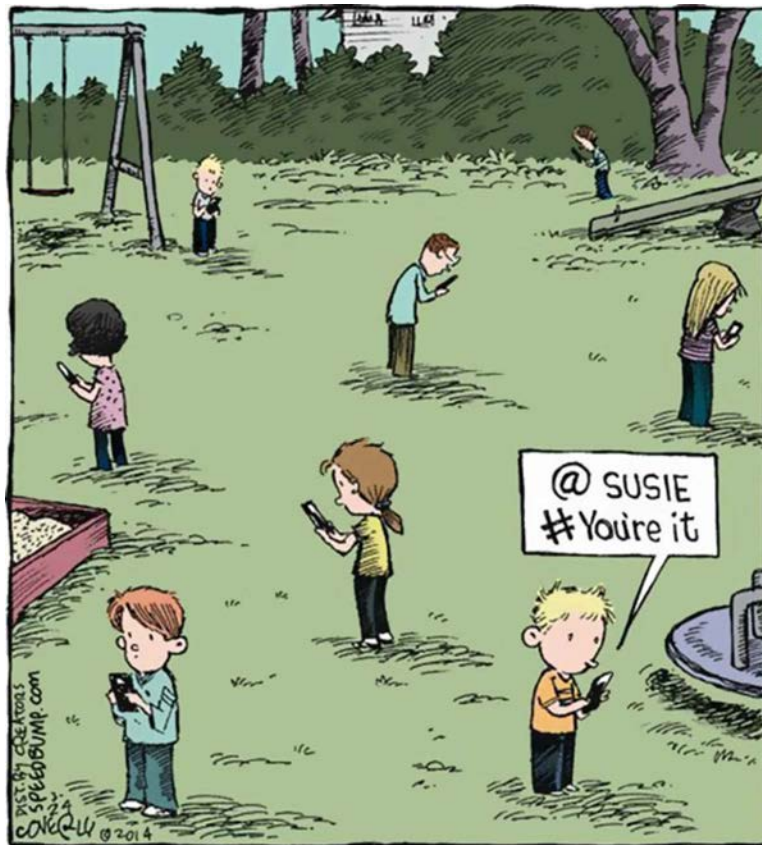
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Social skills deficit

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<http://blazepress.com/2015/05/27-powerful-images-that-sum-up-how-smartphones-are-ruining-our-lives/>

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When selecting toys for children, it should be
90% about what the child can do and
10% about what the toy can do

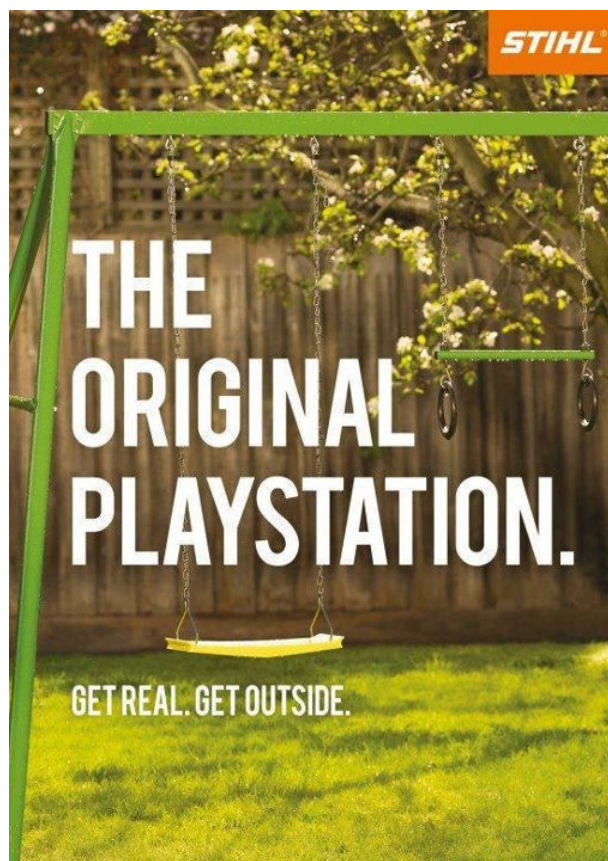


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Cyber-Bullying

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Pornography

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BASIC NEED- Executive Function

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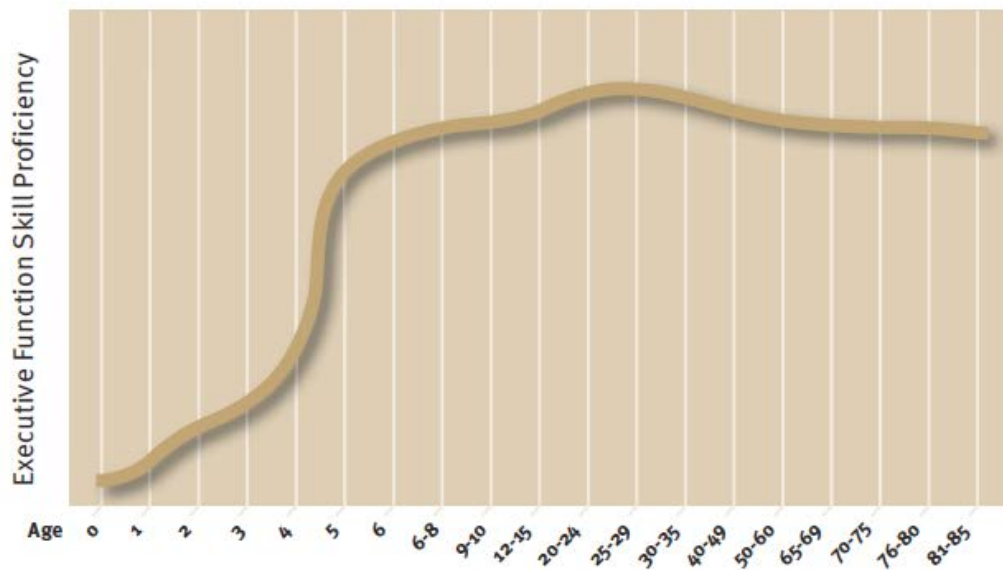
WHAT IS
EXECUTIVE
FUNCTION?



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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.

Source: Weintraub et al. (In Press).²⁹

Hands-On, Screen-Free





Creating

A young boy with dark hair, wearing a light blue t-shirt, is looking intently at a tablet computer. A woman with dark hair, wearing a beige cardigan, is leaning over him, her hand near the tablet, appearing to assist him. The boy has a red pen in his mouth. The background is softly blurred, showing other people in a classroom or office setting. The word "Creating" is written in a large, black, sans-serif font across the top of the image.



Tellagami

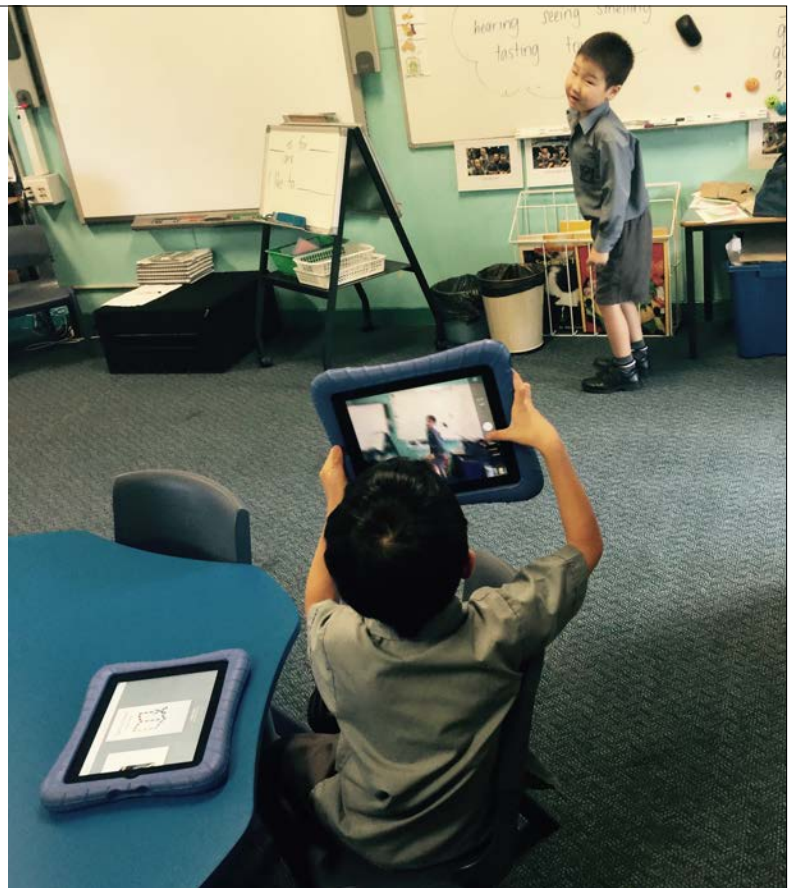


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Do Ink Screen



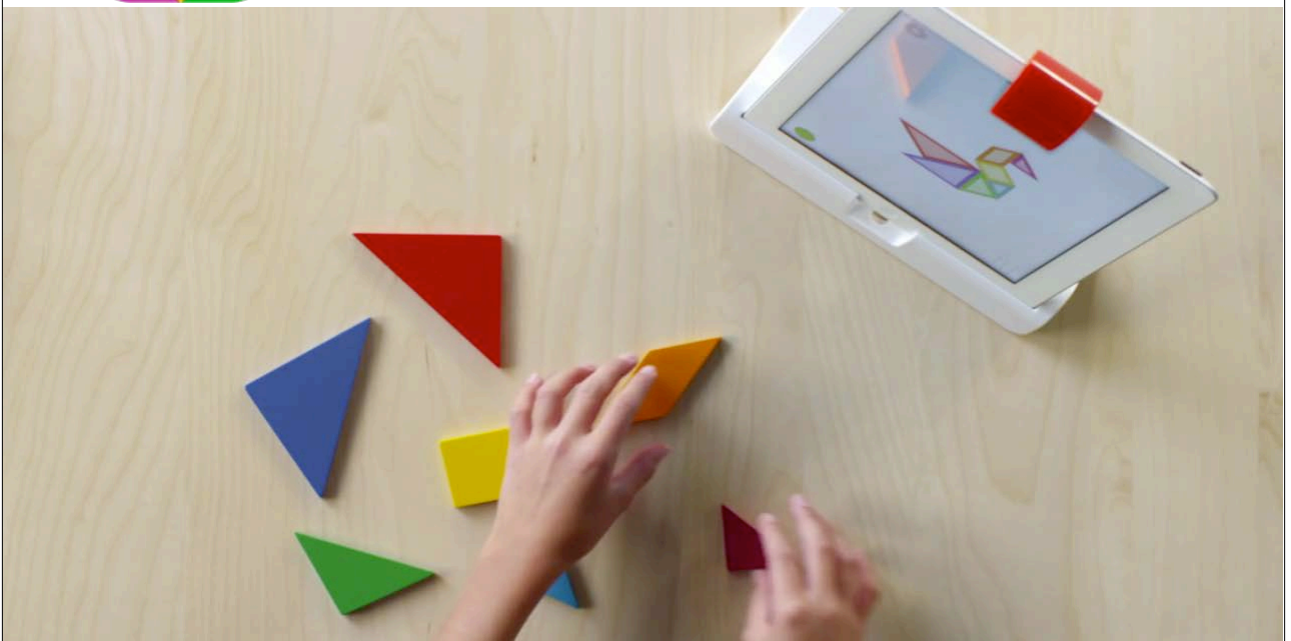
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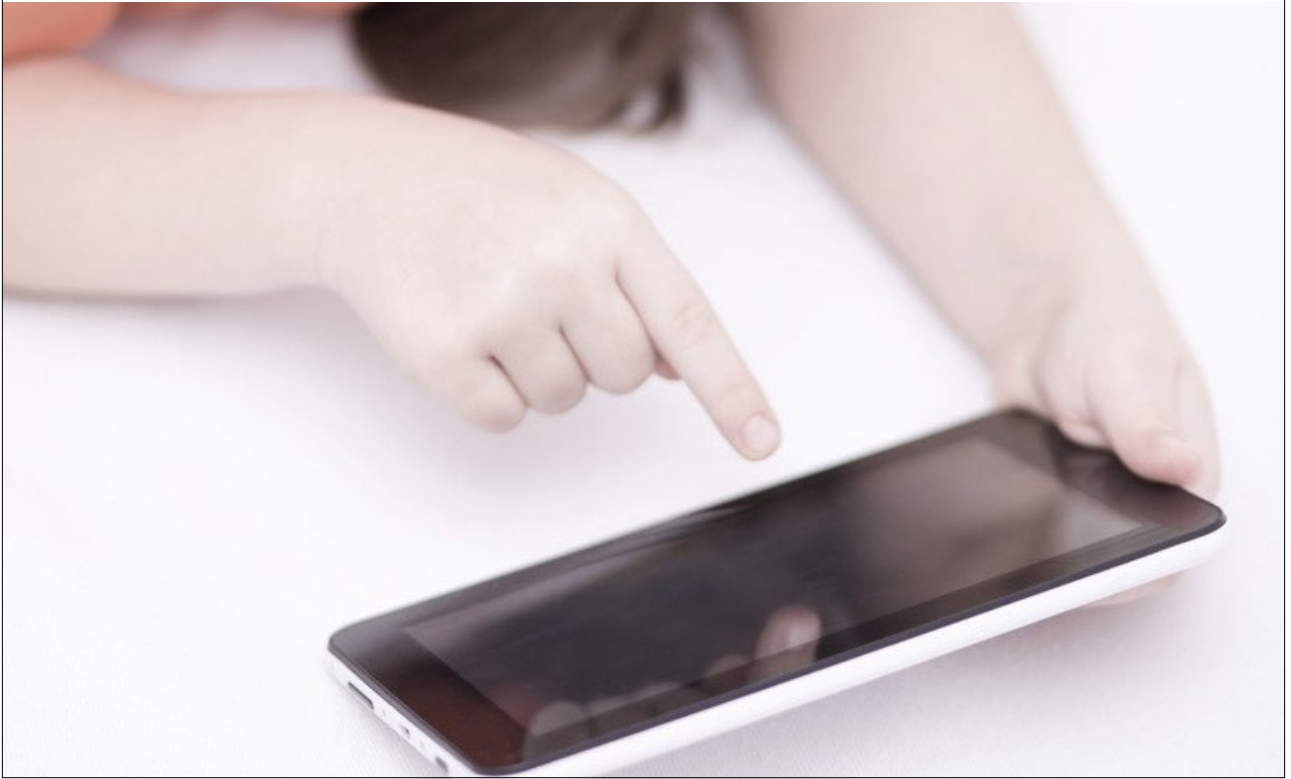
Collaborating



Osmo



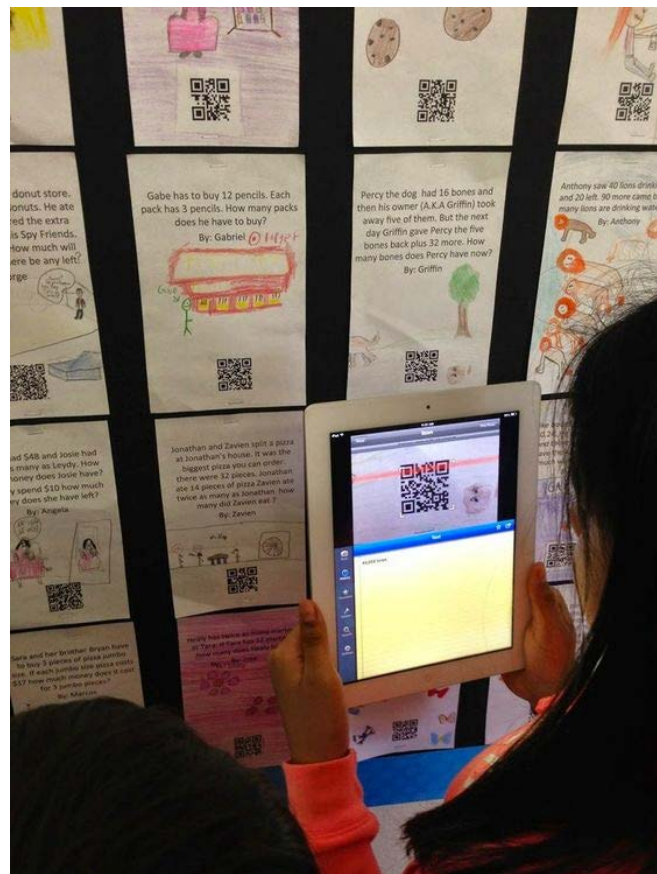
Communicating



Consuming



QR
Codes





Jack & the Beanstalk



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Gaming



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Creating & communicating more than consuming



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Visual Dominance





Instant Feedback



Motion Math Hungry Fish

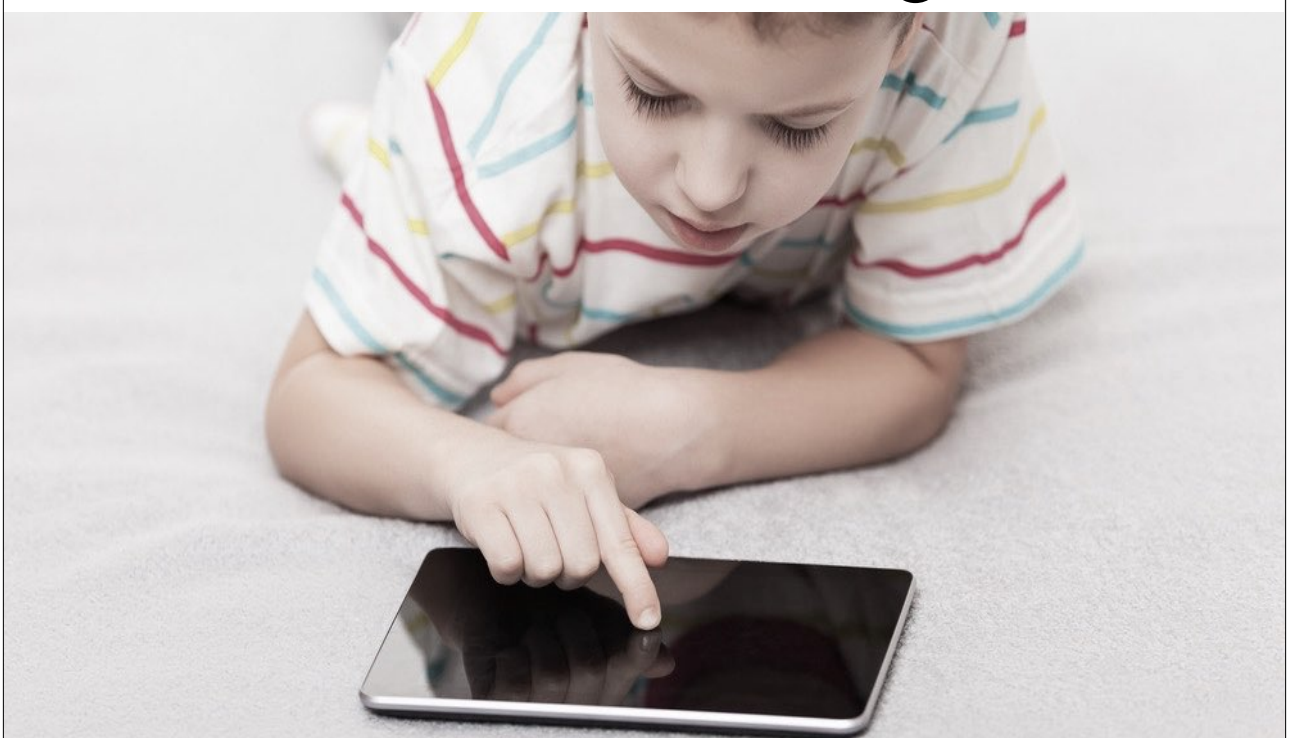




Attention Spans



Abstract Thinking Skills



Multi-Tasking



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Collaborate



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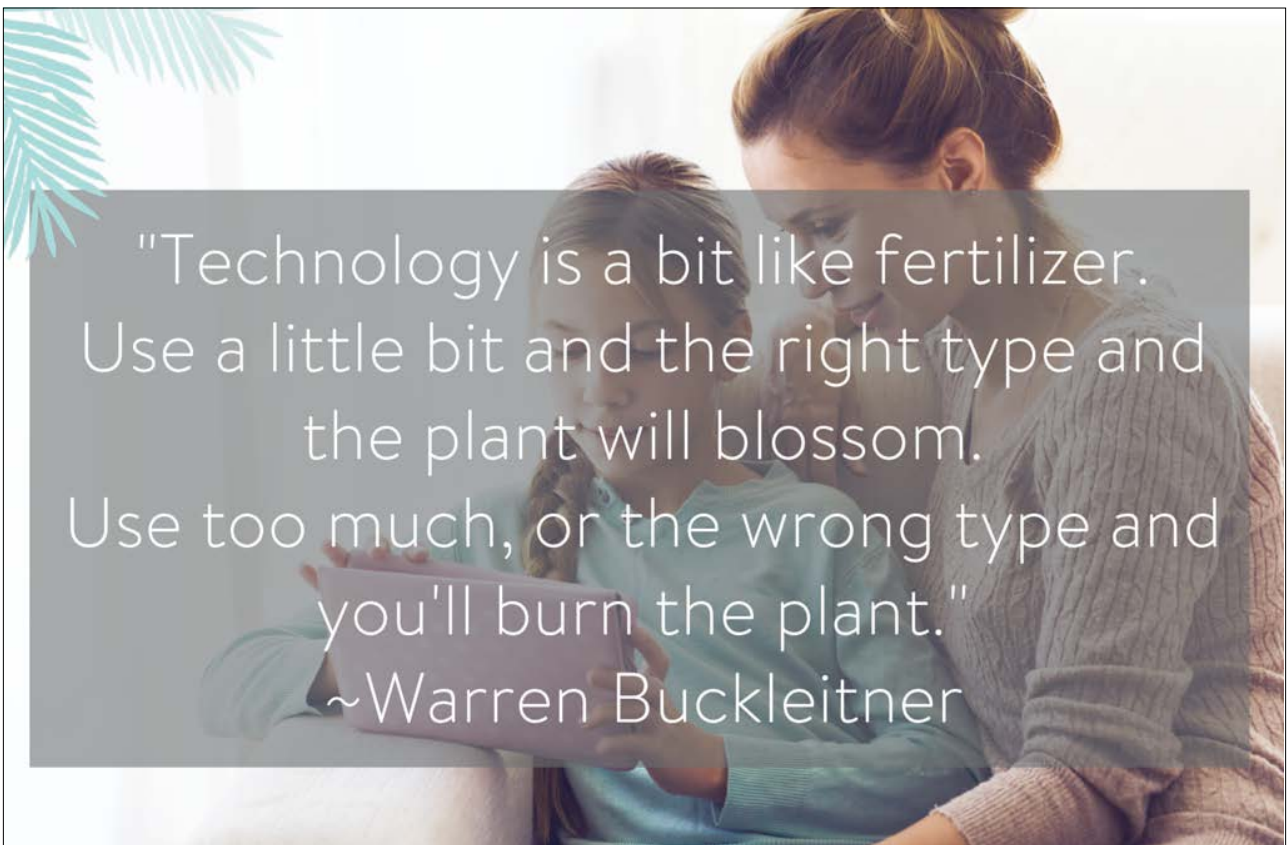
What Schools Must Do

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



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Help Parents

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3. Learning Implications



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Attention Span Training

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Martina Sheehan & Susan Pearce

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.

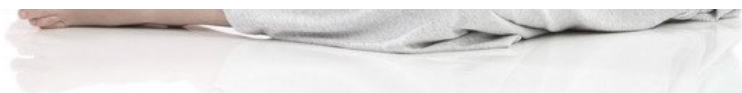
This item is easily stolen, so do not leave it exposed.

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Mindfulness Training



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Smiling Mind



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Raising Your Child IN A **DIGITAL WORLD**

*Finding a healthy balance of time online
without techno tantrums and conflict*

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“

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

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