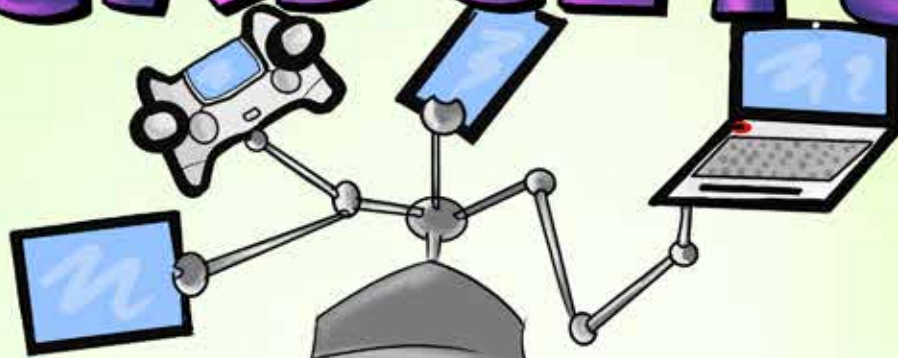Mentoons
MENTORING
through CARTOONS
Presents

ELECTRONIC GADGETS

AND KIDS

Preface

Technology has become an inseparable part of life, especially for kids. Even five-year-old children understand how to operate a phone, play games, and watch videos on YouTube.

Due to covid, kids are exposed to gadgets at a very young age because everything has become online. Not only are they engaged, but they can also become addicted to it.

Having online classes, not going to play, and not interacting with other kids face-to-face has increased. This book brings forward to you the negative impact of electronic gadgets on children.

Contents

Obesity

Sitting at one place for a long time with no body movement, eating at the same place, and eating more junk food and unhealthy food. Since there is no physical activity and food intake remains the same, there is no way for children to burn the calories that leads to obesity in them. Later, This can be dangerous as it leads to severe health issues like diabetes and stroke.

Addiction

Children do not want to go out and play with their friends. They want to stay home, play video games, be on their phones, or use their laptop. Parents also buy their kid's expensive electronic gadgets that make the kids addicted to them. Parents feel like kids are relaxing by using electronic gadgets, but that is not true. Instead, they are getting addicted. Leaving kids at home with their gadgets and calling it their "rest time" is wrong.

Eyesight

Kids play games on the computer all day, using the phone the whole day. Too much screen time damages kids' eyes. Kids at a very young age wear power spectacles because of too much exposure to phones, computers and video games. They do not realize that continuously sitting in front of video games, computers, or cell phones, causes strain on the eyes.

Behavioral issues

It is said that children who spend most of their time with their electronic gadgets are very aggressive. They cannot stay without their gadgets. Also, they want the updated version of it every time. Showing tantrums, getting violent or angry if parents do not buy a new version of the gadgets or if they take away their gadgets.

Decrease interaction

Kids play on their own, on phones and computers. They do not interact with people in person; they feel like interacting on social media or just staying at home with themselves. They lack social skills. They do not learn how to interact with real people. They can talk well in messages, but when it comes to face-to-face interaction, they cannot.

Kids forget how important sleep is. They use their sleep time for playing games on their phones or computer or tablets. They do not realize that taking proper rest is very important for their body. When they do not get enough sleep, they become grumpy and get irritated about silly things.

Less exposure to nature

Gadgets are killing the development of the child. Instead of going out, playing with friends in the garden, having fresh air, and seeing what the real world looks like, they spend time in front of screens. They are only interested in seeing the world inside the computer screen.

Weakness

Spending too much time on devices and staying in a single position for hours can reduce blood circulation and creates stress on muscles and joints, making kids feel tired without even moving. In addition, too much exposure to screen light gives headache.

Body pain

Sitting in front of a computer screen or phone, and staying in one position for a long time, put a strain on your neck, shoulder, and back. It also gives pain to your wrist because of holding it for a long time. Back pain, shoulder pain, and neck pain are some side effects commonly faced by kids who spend too much time with their gadgets.

Parental guidance

- You should set a limit to time spent on electronic gadgets.

- Do not give in, if your child demands new gadgets.

- Always encourage them to play outside and interact with people in person.

- Spend more time with children, so that they spend less time on gadgets.

- Take electronic gadgets from children before bedtime and give them only when necessary.

- Talk about electronic gadgets wisely so that you look involved and stay up-to-date with trends.

SYNOPSIS

Mentoons creates Psychologically-based content for various age groups. This book is one of our editions which talks about the consequences faced by kids who spend too much time using electronic gadgets and do not care about their health issues. This book gives a brief explanation on those consequences and aims to make kids aware of them.

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