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**SUMMARY**

* A research found that it difficult to stay up with technology as more and more aspects of our daily life depend on wireless technology. Children in especially suffer from this. Many of them have only ever known the era of smartphones.
* There is rising worry that children spend too much time in front of screens, despite the fact that hard-wired classrooms would significantly minimise children's exposure to radio frequencies.
* Although parents should keep an eye on your kids' screen time and try to restrict their exposure to wireless technology, taking away their devices might not be enough.