

satisfaction and in some cases, depression. According to a 2022 Deloitte study, the average American household possesses no fewer than 22 connected devices. *Harvard Business Review* research reveals that 60 percent of people check emails in the bathroom, an unrelated 85 percent continue to check work mail while on holiday and a *sinning* 15 percent sneak a peek at their phones while in church. At home, the irresistible distraction can take hold the minute a person walks through

the door, at the dinner table and in front of the TV, where interpersonal relationships stand no chance against the demands of multiple devices. For parents, or rather children, our digital obsession can have a further cost. Just take a walk to the local park and the children's play area and you are sure to find many parents ensuring their child's safety but not exactly engaged as they scroll down their mobile screen. It is often the same scenario at the burger bar – surely that is enough of a treat in itself

absolving the parent of the need to interact during the consumption of said burger. Absolutely not say the Institute for Family Studies (IFS) who found that 65 percent of parents agreed that digital technology interrupted their parenting. The Institute went on to say that this digital parental dissonance can have a potentially damaging effect on parents' ability to understand their children, recognise cues, and respond to needs and sometimes lead them to be unreasonably harsh and impatient. In short, we may get irritable with the competing attention demands of children. From the child's perspective, the IFS noted that psychologically it can result in greater anxiety and depression in the child and behaviourally, hyperactivity and disruptiveness. For older children and teenagers with their own devices, the

28 according to s'mb'g wedding

czegoś

29 average 'average przeciętny

30 to reveal 'reveal ujawnić

31 sinning 'sin grzeszyć

32 to sneak a peek at s'mb'g to snick a pik at

33 something zerknąć na coś ukradkiem, rzucić na

coś okiem

34 irresistible 'irresistible nieodparty, przemożny

35 distraction 'distraction rozproszenie

36 stand no chance 'stand no chance nie mieć

37 szansy (na wygraną)

38 to ensure s'mb'g to insure s'mb'g zapewnić

coś

39 engaged 'engaged zaangażowany, zajęty

40 treat s'mb'g: przysmak, rozrywka

41 to absolute s'mb'g to absolute

42 to agree to agree: zgadzać się

43 to interrupt to interrupt: przerywać

44 to go on to go on: kontynuować

45 to recognise s'mb'g to recognise

46 rozpoznawać, dostrzegać coś

47 cue s'mb'g: sygnał, znak

48 unreasonably 'unreasonably niedorzecznie

49 harsh 'harsh surowy

50 competing 'competing rywalizujący,

konkurujący

51 behaviourally 'behaviourally

52 z behawiorystycznego punktu widzenia

53 disruptiveness 'disruptiveness

54 niezdyplimowanie

55 teenager 'teenager nastolatek

