

THE TECH SOLUTION

Establish Healthy Habits in the Following Key Areas:

- routine regular sleep
- whole food, balanced nutrition
- adequate hydration
- routine regular exercise
- routine regular play
- lots of connection and love

Establishing Healthy Tech Habits for your Child:

- Delay! No screens until the teens!
Or Wait until grade 8!
- Establish basic skills in
 1. time management,
 2. emotional regulation, and
 3. social skills prior to introducing tech.
- Teach your kids to use tech as a tool, not a toy
- Remember, if tablets and smartphones are not being used in healthy, responsible ways, you can periodically take them back
- Tech time should not be alone time
- Add tech use in after life, not add life in after tech use

Watch Your Tech Diet:

Watch what your tech is being metabolized into!

Avoid Toxic Tech:

Cortisol releasing tech leading to stress like addictive tech (gaming disorder), FOMO, comparisons, perfectionism, multitasking, cyberbullying, poor posture, sleep deprivation.

Limit & Monitor

Junk Tech: Dopamine releasing tech like mindless gaming & social media. Watch for addiction!

Consume Healthy Tech:

P.O.D, based tech that releases Endorphins through downtime and self-care, Oxytocin through meaningful connection with others, & Serotonin through play & creativity.

Dolphin Parent: Guide your child towards a healthy tech diet through bonding, role -modelling, understanding, limits, and fun!

Creating Healthy Habits for Kids Growing up in a Digital World

House Rules:

- **Create Screen-Free Areas:** the kitchen table, the car, bedrooms
- **Create Screen-Free Times:** family meals, homework time, reading, and bedtime
- **Put a Family Charging Station in an Open Area** like the kitchen
- **Turn Off Screens** when they are not being used, including background TV
- **Bedtime Prep:** Teach your kids to avoid screens for at least 2 hours before bedtime.
- **Shut off the Wi-Fi in Evening**
- **Turn Off Notifications** and auto play on all devices in the home
- **Take a Digital Day Off**
- **Forgive Yourself:** It is natural to fall off a healthy tech diet so recover, & get back on!

Remember:

- **Introduce tech** like you would car keys
- **P.O.D. Coping Skills of Play, Others, and Downtime.**
- **Stages of change and Dolphin KEYS**
- **CQ skills of communication, collaboration, critical thinking, creativity, and contribution.**

Dr. Shimi KANG MD.

Shimi Kang, MD

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Includes a 6-step plan for success