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Digital Detox: let's disconnect to connect

Technology is known to be man's trainer, entertainer and more. Screen time and children glued to screen is a common issue in every household.

So, in order to ensure children's good health, prosperous future we got to have a need to do is Digital Detox so that we can manage our child's exposure to screens and it is only possible by firm determination and discipline. All that we need to do is to bring about few changes in our schedule. Before we draw the lines, we must know what are we missing- Frankly we are missing Me Time, efficiency, sound sleep and the list is countless.

How can parents initiate digital detox:

- Speak to your child and explain what you are doing and why. It is best to get them on board.
- Designate a tech – free zone. It could be child's bedroom, dining room. Make sure parents be role models
- Set rules wisely and stick with them. Think wisely and not to change rules once set.
- Compliment and reward the child whenever he/she has kept the rules well.
- Focus on long-term habit formation than short-term correction. refrain from yelling

Remember parents are the role models for their child. Disconnecting digitally and connecting to life shall only get best results when followed as a family.

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