

Your name

Supervisor name

Course name

Due date

Is Technology Good for Kids?

Technology influences nearly every aspect of society. It aids productivity, the accessibility of information, entertainment, and connecting with people. Technology can be beneficial or harmful in different ways, especially during children's formative stages of socio-emotional, cognitive, and physical development. Compared to the previous generations, children's brains today are wired technologically. Technology has completely displaced their outdoor activities and social interaction.

Research has revealed that familiarity with the use of digital devices precedes the use of books among preschoolers linking effects of technology use toward children's emotional well-being (Gottschalk). It hampers children's ability to focus and encourages their superficial thinking, rather than developing critical or creative thinking skills ("The Problem of Children and Technology: Getting Children Off Their Mobile Phones and Screens").

Moreover, Patel posited that the use of computers, smartphones, and television kept children sedentary. In effect, they rarely play outside or engage in physical activities, instigating adverse effect on children's health, with obesity as one among many. More time spent at a screen also diminishes children's ability to empathize, develop relationships, and engage their social skills with peers.

Although these negative effects are popular in conversations, it is no secret that technology also offers obvious benefits to humanity. At large, it provides low-cost entertainment with infused learning through educational applications. It fosters problem-solving skills, as well as quick-thinking skills with "survival mode" themed video games.

More importantly, exposing children to the right devices and content hones them to become future leaders in a technological world: the world they're moving into.

With all its ill-effects and benefits, technology still provides ample opportunity to learn, socialize, and entertain. Children can make use of what technology can offer with proper supervision and mentoring. Despite technology displacing children's regular outdoor activities, their early formative stages can still be as good as previous generations, if not better, given the right attention.

Works Cited

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- Patel, Dhruvin. "Will Technology Ruin Your Children's Development?" *Thrive Global*, 5 Mar. 2017, <https://medium.com/thrive-global/will-technology-ruin-your-childrens-development-663351c76974>.
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