Image courtesy of marin at FreeDigitalPhotos.net

In the early years, children learn mostly through exploring their world through play. Play assists in forming children's young minds and developing their physical skills. Play also supports social skill development.

Children learn how to get along with others, as well as experience, regulate and express their emotions through play.

The e-Book Quality Play and Media, is for parents, educators and caregivers and combines ideas from some of our best minds including:

-What we need to know about how electronic media influences children's development.

-How we can use electronic media to enhance children's learning.

-How we can avoid the pitfalls associated with electronic media.

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Quality Play and Media
in Childhood Education and Care

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Technology + Play + Children

Are we playing with technology or is technology playing with play?

Digital technology
and child development

Sexy culture:
sexy kids

Benefits of
outdoor
play

What roles
do
families
have?

Play in
a
cyber-village

Technology:
is it harming or helping
them?

Impact of TV on
child
attention
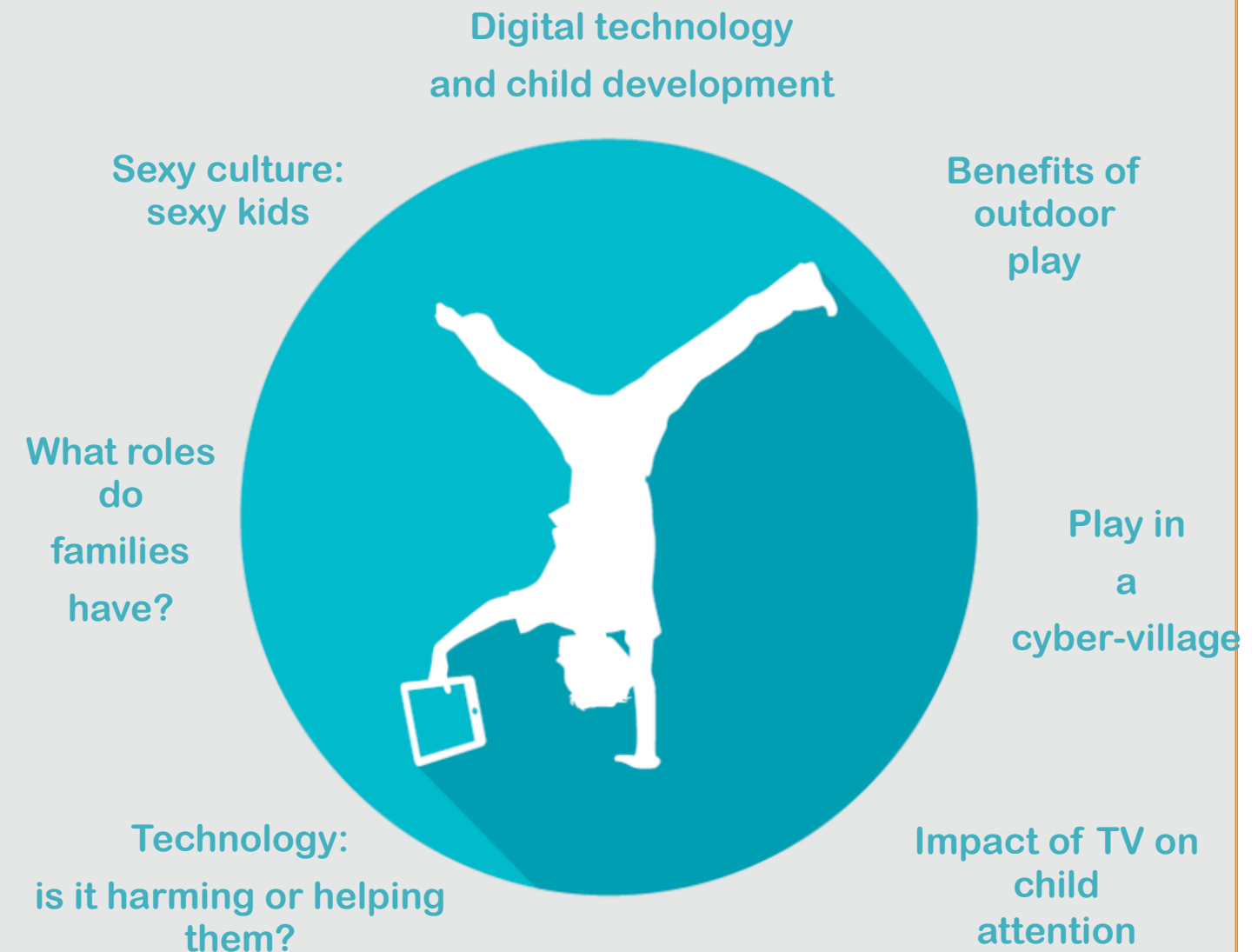
CHILDREN
in a
DIGITAL WORLD

10 Tips from the Experts

Be aware of what your children are doing in front of screens.

1

Talk to your children about how much time they should be spending in front of screens and set limits.

Infants shouldn't spend any time in front of screens. Toddlers an hour a day maximum.

2

Think and talk about what children can learn from the play activity.

3

Children who play e-games in their bedrooms are likely to sleep less well and for shorter periods of time. Children active in outdoor play sleep better !

4

We shouldn't be anxious about mobile and tablet play, instead we should look at how we can use these tools to encourage play and add to traditional play.

5

Cyber-play offers children different learning experiences. These different learning experiences are necessary for children to belong in the cyber-world of today.

6

It's not about "to use" or "not use" as much as how can we best use.

10

Children may not realise they are doing maths. ...they see the play as fun !

9

Facebook gives young mums opportunities to discuss child development, parenting skills and seek general support.

8

Parental control is very limited, partly by choice but partly because of the actual nature of the media. For example allowing screens in children's bedrooms is very hard to monitor if we are not there.

7