



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.

Now available from:



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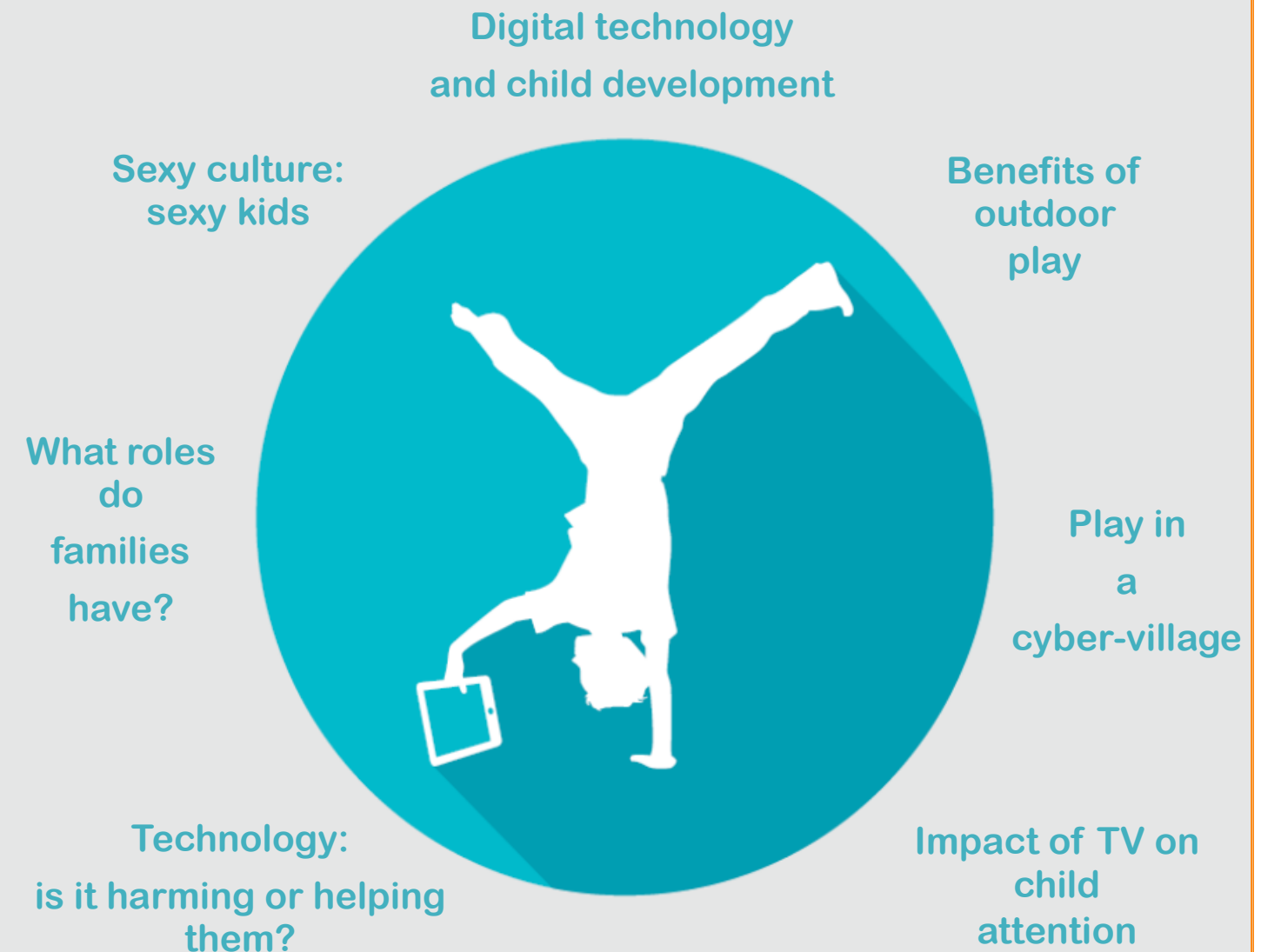


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# Technology + Play + Children

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



**GOOD** or **BAD**  
**IN-BETWEEN?**

# 10 Tips from the Experts

**“Parents need to be aware about what children are doing in front of screens as well as screen time.”**

**1**

**“As parents and educators we need to have careful conversations about appropriate time use, set limits and enable appropriate engagement with the technology so that we harness the benefits of the tools without fear of displacing other activities.”**

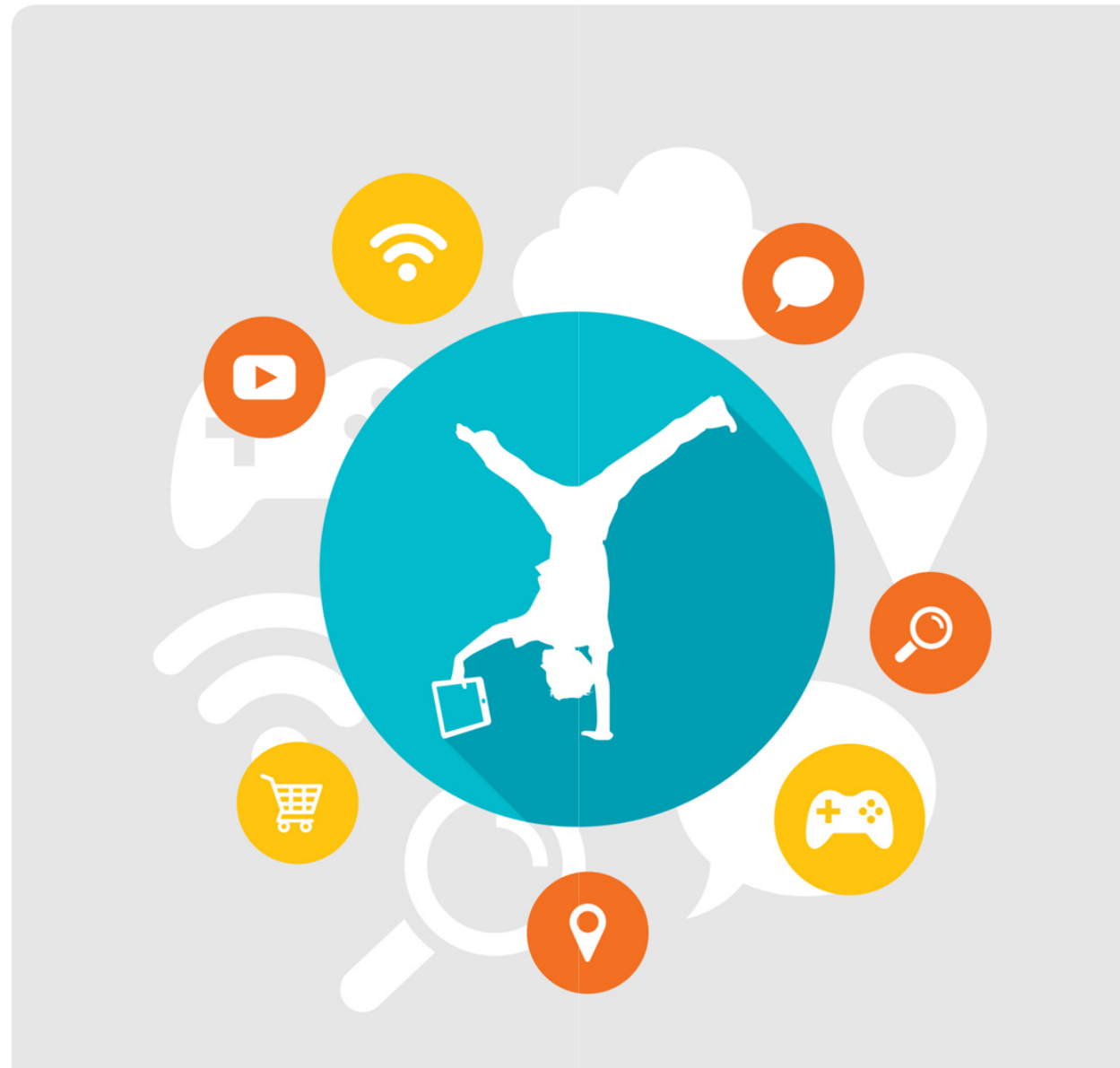
**2**

**“Cyber-play can be active: physically, cognitively, socially and emotionally and the benefits of cyber-play (as with regular play) depend on the learning opportunities offered by the play activity.”**

**3**

**“Active e-games may cause problems where children engage in extreme actions without the support of appropriate training or coaching. Children who play e-games in their bedrooms are also likely to sleep less well and for shorter periods of time.”**

**4**



**“We shouldn’t be anxious about mobile and tablet play, instead we should look at how we can use these tools to extend play and add to traditional play. This requires mindful engagement with these tools and careful monitoring to ensure that a healthy diet of play is promoted.”**

**5**

**“Cyber-play offers children different learning experiences compared to those adults experienced when they were children. These different learning experiences are necessary for children to belong in the cyber-world of today.”**

**6**

**“It could be argued that the debate should move away from “to use” or “not use” through to a discussion of how can we best use.”**

**10**

**“Children may not realise they are doing maths as they see the play as fun - interaction with adults is needed to gain the full learning potential of the apps.”**

**9**

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

**8**

**“In contemporary media based play, parental control is very limited, partly by choice but partly because of the actual nature of the media. A major shift that has decreased parental influence is allowing screens in children's bedrooms. It is very hard to monitor if we are not there.”**

**7**