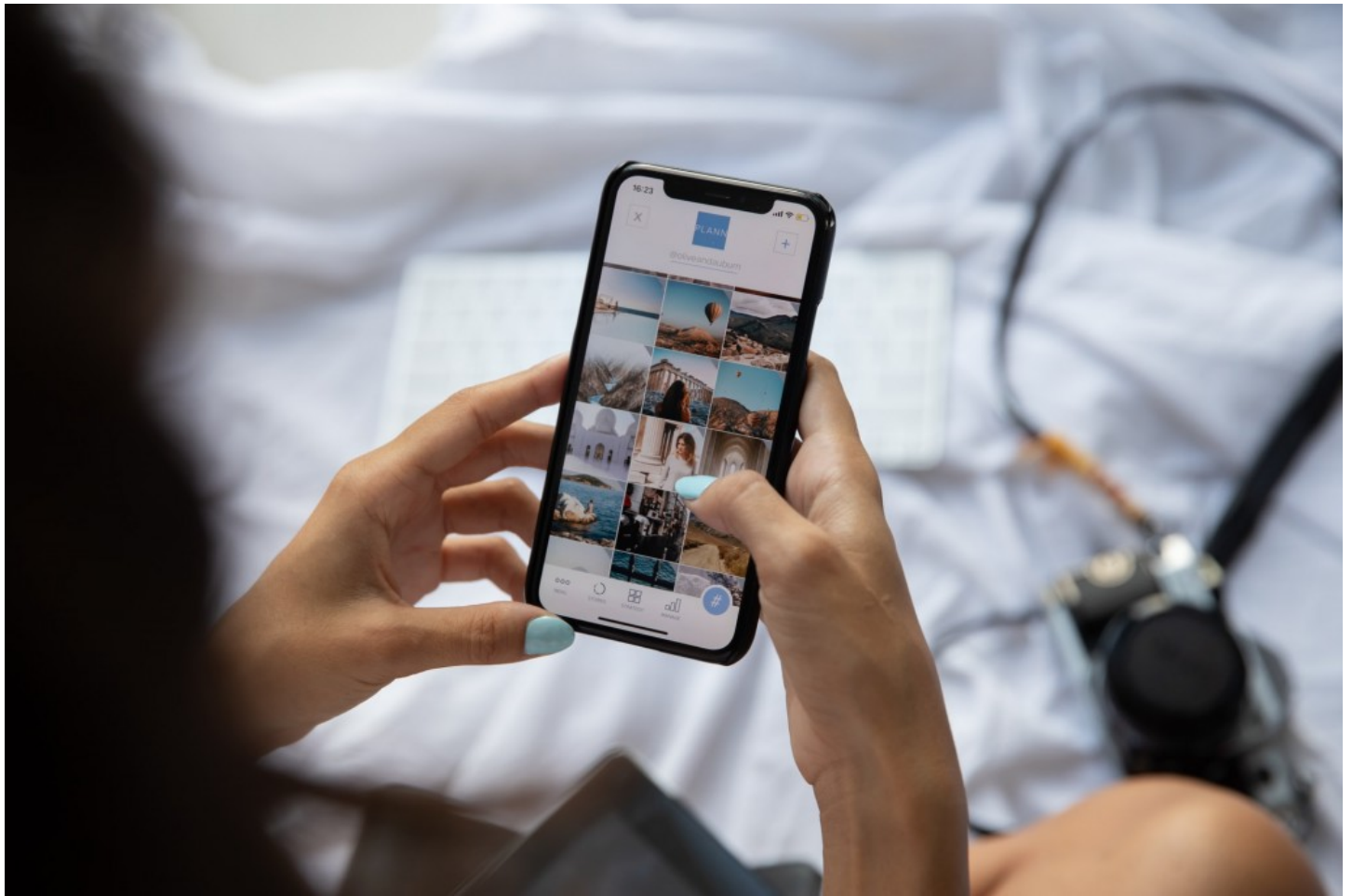


Protecting your child from gadgets with Espiargratis



Barcelona, Spain Aug 10, 2022 ([Issuewire.com](https://www.issuewire.com)) - Espiargratis has long established itself as a reliable provider of software for analyzing your child's social media and gadget activity.

Protecting children from gadgets is very important

These days, children are learning to use phones and tablets, and use social media and [Instagram](https://www.instagram.com) faster than they are learning to walk, write and read. Sometimes parents themselves give their children gadgets to keep them busy. As a result, after getting used to virtual life, they can't find friends in the real world and become withdrawn.

While new tablets, smartphones, computers, and televisions can provide hours of entertainment and discovery, they can also take a toll on our eyesight. Staring intently at digital screens can cause blurred, blurred vision, burning and dry eyes, itching, and irritation. This condition is known as digital eye strain or computer vision syndrome. Other symptoms of digital eye strain may include:

- Focusing problems.
- Pain in the neck and shoulder
- Headaches
- Fatigue

Digital eye strain is a nationwide problem, and it is more common in children. Because children acquire cell phones at an earlier age and use them more frequently during the day.

How do you protect your child from gadgets?

Electronics are a great tool for education and recreation. Kids don't naturally set boundaries for themselves, so adults can help by teaching them moderation. It all starts with conversations with children about digital eye strain and how electronic devices affect eye health.

Limit screen use.

Now, this is difficult, but if you can, limit the time kids spend on screens.

Take breaks.

In addition to limiting screen time, the statement encourages kids to step away from the screen at least every half hour to let their eyes rest.

Take walks outside.

In fact, walking outdoors can also help children's eyesight. While people are used to thinking that time spent in front of a screen leads to increased myopia (nearsightedness) among children, there is a stronger link to not being outdoors enough, which may be the cause.

Baby communicators and trackers

With trackers via remote access, parents monitor their children's movements on Google maps, seeing all their routes, travel times, and even the number of steps taken. If you want, you can set territorial boundaries that your child shouldn't cross - then parents will be notified accordingly. In this case, it is necessary to install a special mobile application on a smartphone or tablet, which will communicate with the watch or bracelet via Bluetooth. Such devices are charged via USB or powered by an ordinary watch battery, which lasts for several months.

Communicators are equipped with a GPS navigation system and a notification function that sends messages to the parents' phones about the whereabouts of the child. You can designate the period of observation by a certain time interval, as well as set other parameters and settings. The gadget has a panic button, with which the child in an emergency situation will instantly contact the parents. It is also convenient that the device, which usually resembles a watch, is worn on the wrist, so it is difficult to lose it.

Trackers are also equipped with functions of voice command recognition. Thanks to this, the child can instantly call during an emergency situation with an alarm button.

Of course, all of these problems can be avoided if parents are aware of the seriousness of the situation. Of course, many moms and dads think that the easiest thing to do is to take away the smartphone and the situation will be resolved. But sooner or later it will have to be given back to the child, and the problem will return. You do not need to fight technological progress, you just need to learn how to interact with it properly. To do this, let's figure out what to do so that gadgets benefit children:

Buy a smartphone

To learn how to drive a car, you have to buy one and start driving it. It's the same with gadgets. If you want to explain to your child what a phone is and what it's for, get one. Don't forget also that the main function of any gadget is to be in touch. Explain this to your child.

Don't forget about yourself

No, you don't have to buy yourself a new phone. As I said before, children completely copy the actions of their parents. So before you teach your child to use gadgets intelligently, ask yourself: don't you have the same problem?

Allowed time of use

Doctors recommend children from 3 to 5 years - no more than one hour a day, older children and teenagers - no more than two hours a day. Talk to your child about this. So they know when to put the phone away and pick up a book, set a timer on their device before they use it.

No gadgets allowed

It's also important to identify areas of the house where the use of any means of communication is prohibited. For example, the kitchen, living room, bathroom, or bed. These restrictions will allow the child to eat properly and sleep well.

Culture of communication in social networks

Remember, you can't ban communication on Instagram and other social media! For our children, social networks are inextricably linked to the real world. So if you teach your child how to communicate on social networks, he will automatically bring it into real life.

Explain the benefits of the Internet

Chances are you use smartphones for more than just socializing, too. It's no secret that the Internet is full of useful information. And if you train your child with quality content, he will eventually learn to find and analyze information himself.



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