

We Skoolhouse Presents:

Technology & Early Childhood Education

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Defining Technology

Technology is age old and has been present since we can track back in time starting from cave drawings. Blackboard, chalkboard slates, books, etc. are all part of technological invention in education. More relatable technology in education has been the innovations of the audiovisual age (radio, film strip and overhead projectors) in the 1900s. Technology in education certainly found more visibility since the advent of information age in 1960s onward.

TVs, tapes and VCRs were introduced for community teaching and learning. And, we all know how computers and the Internet came in 1990s and lead to the present times of digital age Smartboards, cameras, computers, Chromebooks, tablets and mobile phones which can be utilized for educational purposes. Technology in education in the contemporary interactive age as an enabler tool which encourages learners to achieve their learning goals along with gaining 21st century digital life skills.



Screen Time By Age

(Children Under 5 Years Old)

The World Health Organization (WHO) provides guidelines for screen time for infants, toddlers, and preschoolers. Here are their general recommendations:

- **Infants (0-11 months):** The WHO advises against any screen time, except for video chatting, which can be beneficial for social interactions with family members.
- **Toddlers (1-2 years):** Screen time should be avoided for children under 2 years old, except for video chatting. If screen time is allowed, it should be limited to a maximum of 1 hour per day and should involve high-quality, educational content with parental involvement.
- **Preschoolers (3-4 years):** Screen time should be limited to a maximum of 1 hour per day. It should involve high-quality, educational content and be accompanied by parental guidance and interaction.



Pros of Technology

- **Helps with an easy integration into the formal education system** where there are Smartboards and laptops.
- It works for families and teachers as a **supplemental tool for learning** for their children as they can more easily research information.
- **Technology allows children to connect** with friends, family, and people from around the world.

Cons of Technology

- **Decreases creativity** which can and should happen when they are out exploring different facets of learning in the natural world. Children need to touch and move. Nothing replaces this as a form of learning.
- **Technology is addictive** which can be detrimental to their cognitive, language, physical, and emotional development.
- **Social-emotional skills of a child can be hampered** if one spends too much time on unsupervised digital devices.





Misconceptions

- Technology is a **helpful "calm down" tool**.
- Technology is a **good option for playdates** to keep kids "happy."
- Children can **navigate technology independently**.

Reality

- Technology **distracts from the challenge at hand**, and does not provide children with the tools to learn how to regulate and cope.
- **Children need to actively engage with one another**; communicating, cooperating, compromising, and problem-solving with one another.
- **Caregivers should always supervise their child when they're engaging with any form of technology.**



Tips to Support Healthy Routines & Boundaries with Technology

- **Technology should be a planned event that is timed and scheduled.**
- Remind your child when their screen time will occur, as well as preparing them a few minutes before it ends.
- **Be consistent!** When screen time is over - it's over. However, you may remind your child when they will have screen time next.
 - Validate their feelings and allow them to make an appropriate choice about the next event, e.g. "It's time to go outside! Do you want to go to the playground or play soccer at the field?"
- **Children should always seek permission from an adult** before using a tech tool - should not be a "free range" experience.
- **Caregivers should sit down and interact with the technology resources along with their child.** Engage in a dialogue about what's happening.



Tips for Adults to Model Healthy Relationships with Technology

- **Be mindful of your personal use of technology** in your child's presence.
 - If you are using your cell phone excessively in front of your child, **it sends the message that phones are more interesting/important.**
 - The adult's use of technology **interferes with the parent/child bond.**
- Just because a baby or young child may not talk much, **does not suggest we're not communicating with them.**
 - **Nonverbal communication is communication.**
 - **Eye contact** and attention matters.
 - These are the moments in which we **build upon language skills.** Talk to your child as you go - they're looking and listening!

