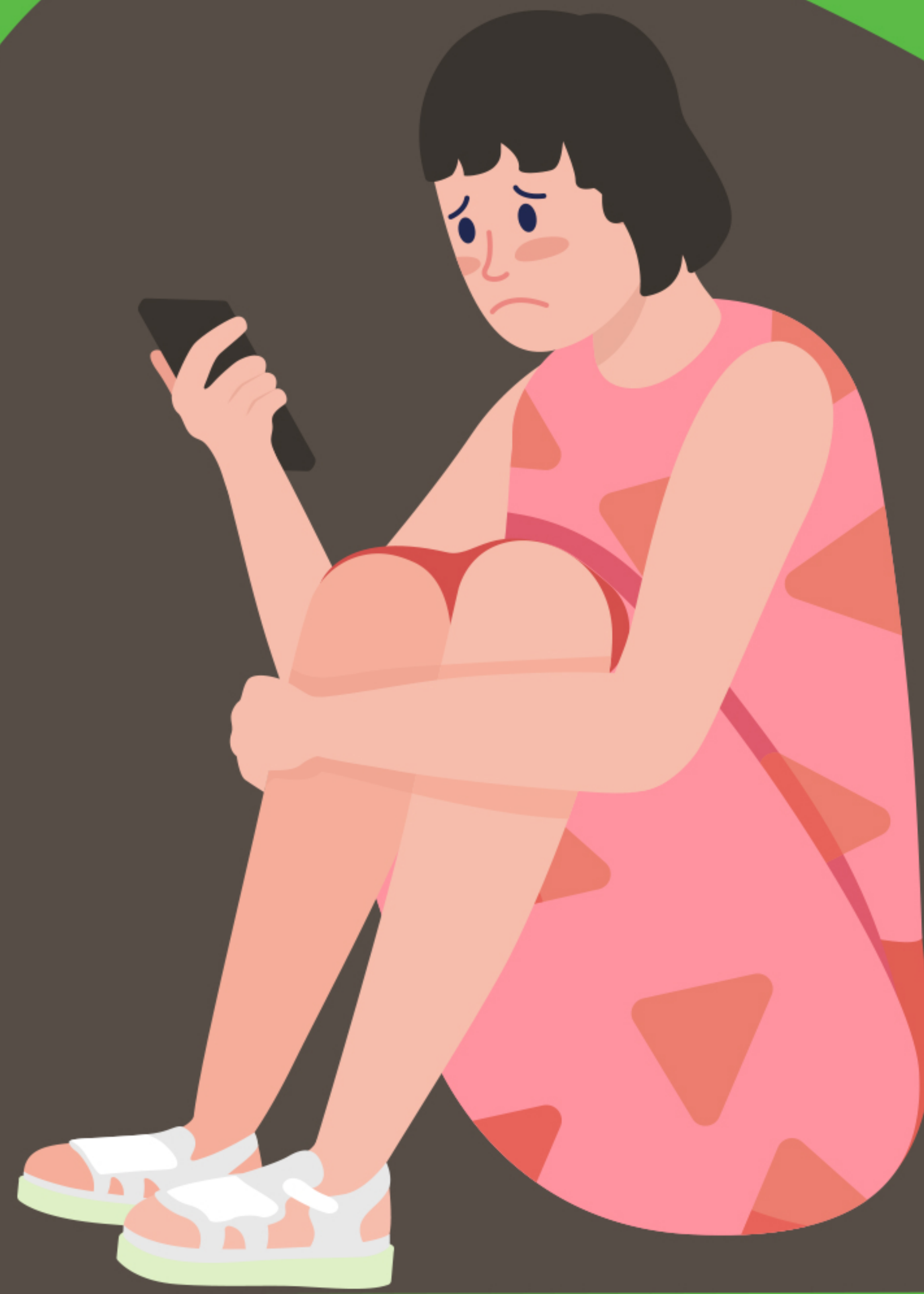# Negative effects of phone on your child

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Poor vision

Issue: Constantly staring at a small screen can cause dry eyes and blurry vision, which in the long-run can damage eyesight.

Solution: Set a time limit. Also make sure they keep the device at least 12 to 16 inches away from their eyes so that they blink more often.

Learning difficulties

Issue: Relying on the internet for answers can lead to decreased learning development and reduces the utilization of cognitive skills.

Solution: Encourage your child to 'learn by doing'. Help them use their skills to find solutions and not surf the internet for answers.

Decreased social skills

Issue: Mobile addiction oftens leads to social isolation and distancing from people and conversations.

Solution: Encourage face-to-face communication. Schedule play time to ensure your child mingles with other kids and plays in the open.

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Exposure to inappropriate content

Issue: From social media to text and group messages, mobile phones expose children to content that can disrupt their perceptions and thought process.

Solution: Enforce parental controls to ensure age-specific content. Keep a check on browsing history and social messaging.

Health issues

Issue: Inflamed thumbs from typing to poor posture from bending; mobile phones pose a severe risk to your child's growth and development.

Solution: Use a phone stand to place the phone on a table and limit children's screen time to avoid excessive usage.

Cyberbullying

Issue: Using social media or text messaging increases the chances of your child becoming a victim to cyberbullying.

Solution: Restrict access to social media apps and ensure your child does not take calls or answers texts from unknown numbers.

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