

HANDOUT #3

HOW TECHNOLOGY USE CAN AFFECT ATTENDANCE

In a world where children are “growing up digital,” it’s important to help them learn about healthy digital use so that they are safe and healthy, and so they are able to attend school regularly, on-time, and ready to learn. Parents are especially important in teaching these skills.

Make your own family media use plan.

Technologies should work for your family. When used thoughtfully and appropriately, media can enhance daily life. But when used inappropriately or without thought, it can displace many important activities such as face-to-face interactions, family-time, outdoor-play, exercise, unplugged downtime and sleep. Some ideas for a technology use plan are outlined on the following page.

Remember:

Children who get enough sleep have a healthier immune system, and better school performance, behaviour, memory, and mental health.

What is recommended? In general, about ...



| AGE GROUP | HOURS OF SLEEP REQUIRED |
|-----------------|-------------------------|
| 1-3 Years Old | 10-14 Hours per day |
| 3-6 Years Old | 10-12 Hours per day |
| 7-12 Years Old | 10-11 Hours per day |
| 12-18 Years Old | 8-9 Hours per day |

Try tracking your sleep patterns for a week using the following sleep log:

| SLEEP LOG | | | |
|-----------|---------|-----------|--------------------------|
| Day | Bedtime | Wake Time | Number of Hours of Sleep |
| Sunday | | | |
| Monday | | | |
| Tuesday | | | |
| Wednesday | | | |
| Thursday | | | |
| Friday | | | |
| Saturday | | | |