

Don't let the touch screen take away the child's childhood

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Abstract: With the popularity of wireless, smart phones, tablet PCs and other touch-screen products in people's lives become more and more important. At leisure when young parents are busy replying all kinds of information, sunning a variety of fabulous, collecting each set point of fabulous, have you ever noticed your favorite child's inner loneliness and longing for family relationships? After this family affection has not been satisfied for a long time, young children choose to be like their parents---contact with touch screen. Now many children contact smart phones, tablet computers and so on, and gradually immersed in them, can not extricate themselves, they become the youngest touch screen generation. What does touch screen products frequently used and even bundled bring to young children? Physical discomfort, psychological loneliness, indifference of human nature. . . Facing all, what should parents do? In this paper, from the cultivation of children's media literacy, regaining the folk games, giving children deep accompany three aspects of specific measures to explore, in order to help more families to get rid of children addicted to touch screen troubles, promote children's physical and mental health growth.

Key word: touch screen children influence measures

1. INTRODUCTION

Now many parents are young 80's generation or 90's generation, they themselves are smart phones, tablet PCs and other touch-screen products fans, so there are a lot of opportunities for children to touch the screen. With the improvement of people's living standards, many families are popular with smart phones, tablet PCs and other touch-screen products, because of its massive resources, rich pictures, beautiful music and shocking video effect, it attracted the attention of children deeply. Many children become reluctant to go out, always in front of the touch screen busy awfully, enjoying the pleasure of a virtual world. Many parents also expressed concern, but darling eager, they finally choose compromise because of children's crying and other reasons.

2. THE ADVERSE EFFECTS OF TOUCH SCREEN ON CHILDREN

So what impact will the touch screen have on the child? There is no denying that positive influences

must exist, for example, letting children contact with a large number of information and resources is conducive to children's learning, the ability to imagine space and knowledge of the rapid recognition and so on, but for young children aged 3 to 6, frequent use of touch screen and even addiction leads to more negative effects.

3. THE INFLUENCE ON CHILDREN'S BODY

Too much contact on the screen has a lot of adverse effects on the children's body, first of all, the decline of vision. When watching the screen for a long time, the children are prone to eye fatigue and even dry eye, such as blurred vision, tears, dry eyes, foreign body sensation and other symptoms. Children in childhood should be more contact with nature, more contact with parents to play together, and now because of various reasons, touch screen has become their loyal partner, and watching touch screen for a long time, the first damage is children's eyesight. Followed by cervical spondylosis, cervical spondylosis is an adult disease, but now occurs in many young children, in fact, it is caused by bowing to touch screen for a long time. The last thing to mention is finger, children frequently use finger pulp when touching the touch screen, which increases the burden on the finger, which leads to excessive use of muscle and tendon, and affects the normal development of the fingers. These adverse effects on the children's body at the beginning may not be so serious, but as parents can not be ignored, if not abstemious, let it go on for a long time, will cause irreparable harm to children's health.

4. THE INFLUENCE ON CHILDREN'S PSYCHOLOGY

The one-child policy has been practiced in China for more than 30 years, and the concept of one child has been deeply rooted in the hearts of the people. After the release of the country's second child policy, although some families have their second child, we have to face the fact that only one child family is still in the minority. So now because of the lack of brothers and sisters, with no playmates, children themselves are very easy to fall into the loneliness, coupled with the popularity of touch screen products now in the family, the loneliness of children has no place to vent, and finally can only be put into the cold

screen. A large number of pictures and videos on the touch screen can temporarily alleviate the loneliness of children, but over time, touch screen addiction, children will be more lonely. Touch screen is better and has more function, but it is just a machine, children face it can not get real contact between people, interaction, as well as emotional communication. therefore, the frequent use of touch screen and even addiction will eventually lead to the lack of children's emotion, loneliness and indifference to people. These psychological effects are even more serious than the physical ones. It evades the hearts of young children, and has a negative and far-reaching impact on their attitude and behavior.

The influence on children's interpersonal relationship At the age of 3-6, such a golden phase, children need most is in addition to the family, peers and the surrounding contact, play with them, cry together, laugh together, with the face of difficulties, bear responsibility together, solve the problem together with their companions, establish a profound friendship. However, with the rapid development of science and technology, people's lives even children's lives have become increasingly narrow and deformed. In many spare time, children do not choose to go out with peers and play, but prefer to hold the touch screen, immerse themselves in the virtual world, and never forget it. If things go like this, many children will become more and more reluctant to go out, do not want contact with people, so that children contact with the people around them will be less and less, they will lose a lot of face-to-face communication and exchange opportunities, leading to weakened interpersonal relations and reduce communication ability. Over time, it will increase children's inner emptiness and loneliness, which will adversely affect their adult integration into society.

5. MEASURES AGAINST ADVERSE EFFECTS

(1). Cultivate children's media literacy

Media literacy refers to the ability of children to accept, interpret, screen and discriminate media information in the face of many media(of course, mainly refers to touch screen products), and the ability to use the media properly and rationally. Today's children grow up with touch screens, it's not realistic if we're completely negative about touch screen products, and because it also has some benefits for children, so parents treat their children with a touch screen thing can not be negated, also can not be left unchecked, they must grasp the certain degree. First of all, they should pay attention to control. Control includes a lot of things, such as the length and the content of the view. They should choose more active and beneficial contexts for the healthy growth of children. Secondly, give companionship. The company is mainly accompanied

by children watching the program with the touch screen, parents should accompany children watching together, and timely to children's questioning to give the right and healthy guidance. Finally, provide demonstrations. Confucius, a great educator, once said, "the body is upright and not going to do it; its body is not right, though it is not". This relates to the exemplary role of educators. Since parents want to cultivate children's good media literacy, the first thing is to start from their own. Let yourself not indulge in touch screen products, so as to make rational use of touch screen products. Let their correct point of view, attitude, words and deeds influence on children unconsciously, with children grow and make progress together.

(2). Regain folk games

Children's nature is like to play, so the game occupies a pivotal position in their daily life. But with the progress of science and technology, the development of the times, the touch screen products spread to thousands of households, the children also suffer, become "electronic baby" all day with touch screen playing awfully, electronic games became the greatest pleasure in their life, but the folk games that their fathers used to play in their childhood were now on the verge of extinction. If parents want children to get rid of the shackles of touch screen, it is necessary to regain the folk games, and bring the children's interest and happiness to the positive folk games. These folk games based on simple, diverse gameplay, fun, as we are more familiar with the games such as hopscotch, spinning a top, three leg running, throwing handkerchief, hide-and-seek game, making a sedan chair, chicken vs eagle and so on. Children in the process of playing games, first of all can get physical fitness exercise, the game of running, jumping and a variety of complex movements, can exercise children's physique and body coordination ability. Secondly, folk games also have enlightening effect on children's intellectual development. Parents in guiding children to play in the process should allow free organization and arrangement and not give too much intervention in children's game. The children in the process of playing the game, sometimes it is necessary to try to develop rules of the game and think about when there are special circumstances and how to handle, learn to sum up during play, and ultimately find the most suitable and strictly abide by the rules, it can cultivate children's creative thinking, ability to analyze and solve problems, work perseverance and patience and honesty, it has a good role in promoting children's thinking flexibility, willpower and so on. The last is to cultivate children's sense of teamwork. Now many children are the only child at home, spoiled, self-centered, team consciousness is weak, while the folk games are often with several partners, each child should follow certain rules, rather than willful act in

accordance with their own ideas, so as to ensure the smooth progress of the game. In the contact, consultation and cooperation between young children and their partners, team consciousness will gradually increase. Based on the above advantages, parents should regain the folk games, let the folk games enrich children's daily life, get rid of the shackles of touch screen, and promote the healthy development of children's physical and mental. Of course, folk games are often played by a lot of children, parents should encourage children to go out, contact with partners, organize their own games, make rules, play freely. Only in this free atmosphere can children laugh, play, experience the joy and satisfaction of games, and realize that touch screen is not their only pleasure.

6. GIVE CHILDREN DEEP COMPANIONSHIP

What is the cause of children's infatuation with touch screen? The inner reason is the lack of deep companionship of parents. Perhaps at the beginning, children are not so obsessed with touch screen, but what are parents doing when their child speak to them and try to communicate with them? Respond to a sentence with ease, even look at the smart phone without raising the head. Many parents always think they stay with their children, and even spend a lot of time with their children. But what they call companionship is often ineffective. Here I want to emphasize that the depth is also accompanied with their children together to devote themselves into it, even as a child's peers, standing in the children's perspective, to understand their true inner feelings, their loneliness, their fear, their demand desire, sharing their joy. . . When parents can give children such deep accompany, children can deeply feel the love from their parents, of course, at this time is more conducive to the implementation of parents' education. For family preschool education, good parent-child relationship is the foundation. A lot of effective education is based on good parent-child relationship. If the parent-child relationship is good, sometimes without too much words, even if give the child a look, he will wake up immediately and correct his bad behavior. But if the parent-child relationship is bad, children will turn a deaf ear to the orders repeated. Therefore, in dealing with the frequent use of touch screen, good parent-child relationship is the foundation, and deep companionship is the guarantee. Deep companionship is not generally accompany, it needs parents' physical, mental and soul devotion, really into the children inside, open children's knot, meet the children for family desire, especially for

those who have long been unable to meet the family's affection and have more or less psychological problems or obstacles, this is more effective than any psychological book.

SUMMARY

The development of science and technology is a double-edged sword. It promotes the progress of social civilization, but also brings harm to adults and even children, making children obsessed with touch screen and even addiction. Touch screen has a lot of harm to children, such as visual damage, deformation of the cervical spine and other physical injuries, loneliness and other psychological harm, human indifference and other interpersonal influence, many parents worried about this, but they couldn't do anything. If parents want the children really get rid of the touch screen, it is suggested that they should pay attention to the development of children's media literacy, to regain the folk games and give children deep companionship, really into the children's heart, give them care, fundamentally solve the problem, get rid of children's touch screen bound troubles, give children a real healthy and happy childhood.

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