**Children's addiction to technology**

It has become normal to see a little boy holding a smart phone, a tablet, or an iPad—and he may use it more professionally than adults! He uses it to play games, browse the Internet, watch videos, and download games and applications. We praise our son and brag about his intelligence since he deals with these advanced devices professionally, but we fail to realize that the use of smart phones, tablets, and televisions has many negative effects on children. What are these effects? And, how do we rationalize the use of such devices?

**What are the disadvantages of TVs, smart phones, and tablets for children?**

1. Excessive use of these devices impairs the minute muscles of children that are necessary for the use of pen and paper.

2. Microwave radiation emitted from cell phones damage the preventive brain barrier, and children's brains absorb twice as much radiation as those of adults.

3. These devices weaken children’s attention and reduce their concentration (duration).

4. They affect the ability of children to control their appetite.

5. They encourage inactivity and lack of movement, which affects children’s ability to explore the world, and this also leads to obesity and overweight, which will lead to additional health problems.

6. Little research indicates that educational applications can help to improve the vocabulary stock of children who are under two years of age. Other research suggests that children under two years of age do not learn much from electronic media, and moreover, their use delays the development of language and thinking skills and may lead to speech delays.

7. These devices cause learning difficulties.

8. Their use may lead to sleep problems and disorders.

9. These devices can cause violence and excessive nervousness.

10. They result in severe memory shortages.

11. Such devices harm children’s ability to read.