

# Distracted Parenting

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## Distracted Parenting



Image: gettyimages.com

Personal computing, telecommunications and the Internet have made such advancements that we can now hold a device in one hand that's capable of making phone calls, sending text messages, taking and viewing pictures and videos, browsing the internet, sending email, playing games, and loading a variety of applications.

Oh, and you can perform multiple tasks at once – that includes taking care of your kids!



Image: gettyimages.com

More parents, and even children, are plugged into electronic communication, gaming, and other digital entertainment than ever before.<sup>2</sup>

### What effect does this have on our children?

As mobile devices become increasingly absorbing and pervasive, questions have been asked about what effects they're having on the interactions between children and their distracted caregivers.

Distraction can be defined as "something that makes it difficult to think or pay attention" and/or "something that amuses or entertains you so that you do not think about problems, work, etc."

Taking these facts into consideration, it can be said that many injuries our children sustain can be prevented simply by putting your phone or tablet down.

### So ask yourself:

Am I distracted by my cell phone while I am responsible for the care of my own or other children?

If the answer is yes, it's time to urgently change your mobile habits.



#### Important Emergency Numbers

Netcare 911: 082 911 • SAPS: 10111

Injury.Prevention@netcare.co.za



You're in safe hands