

Why is it unhealthy for children to grow up spending their time on electronics

[Technology](#)



If these crucial events are missed out on, it may lead to social or physiological problems later in life. Social interaction is an important part of a child's development, and spending too much time with electronics can cause this to be missed. The problem is that kids often play video games or watch television by themselves, which ultimately causes such problems as social isolation. In addition to this, too much time spent on electronics can cause obesity, insomnia, and bad grades at school. If kids are spending hours and hours on multimedia then they are missing out on other important activities. School is important for anyone, let alone young children, so it is important that their priorities are set straight. This is where a parent or caregiver needs to take responsibility for their child and set strict guidelines for electronics use. As mentioned above, excessive television or video gaming use can result in increased weight or a lack of sleep. As children are spending all their time playing games and not exercising, it's only natural that they will put on more weight simply by sitting on a couch all day. Also, sleep can reduce as too many late nights spent watching television can contribute to irregular sleeping patterns.