



Developing healthy habits in digital era

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Advocating for digital well-being and building healthy habits will be incomplete without practising healthy relationships between children and their parents. That has a significant impact on the development of young people. This is the phase of life when each person faces many difficult challenges. Considering that we live in the digital era, technology is part of our lives, greatly influencing our communication and human relationships. Central to this exploration is the captivating relationship between attachment theory and digital well-being, explaining the emotional connection with parents. Furthermore, the parent-child relationship established during early childhood can significantly influence how individuals create and maintain relationships throughout their lives, including their interactions with digital technology.

Attachment theory has significantly implications for understanding the connection between the child's behaviour and relationships. For example, permissive parents are likelier to take on a friendship role than a parenting role with their kids. They prefer avoiding conflict and often acquiesce to their children's pleas at the first sign of distress. These parents mostly allow their kids to do what they want and offer limited guidance or direction.

Authoritative parents are nurturing, supportive and often in tune with their children's needs. They guide their children through open and honest discussions to teach values and reasoning. Kids who have authoritative parents tend to be self-disciplined and can think for themselves, while neglectful parents have limited engagement with their children and rarely implement rules. The last type of attachment style is authoritarian. In this case, parents often talk to their children without wanting input or feedback.

Understanding attachment patterns is essential for providing support in different life phases and the child's development.



Parents can be role models for adopting healthy habits in a child's development process and using digital devices by supporting the child to find a balance to enhance overall well-being.

Digital well-being refers to achieving a state of physical and mental well-being that integrates all aspects of our lives that are influenced by our interactions with digital devices and technology.

To achieve this, parents need to encourage children to practise offline habits, spend time in nature, and to use technology with mindfulness.

References:

Marija Raleva, Adolescence, crisis and family

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