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MILESTONE MOMENTS



A collaboration by M.A.P and MindsHeart



CONTENT

Hot Issue

When's the Tipping Point?

Growing Bodies,
Growing Minds

**TikTok to Tablets -
Kids in the Digital Age**

The Educator Says -
Classroom Stories

**Gadget Gurus and their
Wired Wisdom**

The Psychologist Talks
- Psychology for
Everyday Lives

**Is Your Child's Internet
and Phone Use
Becoming
Problematic?**

Events and Promotions

Hello and Welcome!

Welcome to our community of curious minds, where every curiosity sparks a journey of discovery and opens new doors of understanding!

If you're passionate about understanding the human mind, **nurturing growth, and unlocking the potential in ourselves and our children**, you have come to the right place. Our newsletter is a treasure trove of insights, tips, and knowledge that dives into the fascinating world revolving around **psychology, parenting, child development, and education.**

Every issue is crafted with care and dedication to bring you the latest research, practical advice, and thought-provoking discussions to inform and inspire. Whether you are a parent, educator, student, or simply someone who loves to learn, we are here to support your journey. So, grab a cup of coffee, settle in, and let us explore the wonders of the mind and heart together!



HOT ISSUE!

Tik Tok, Tik Tok..... When's the Tipping Point?

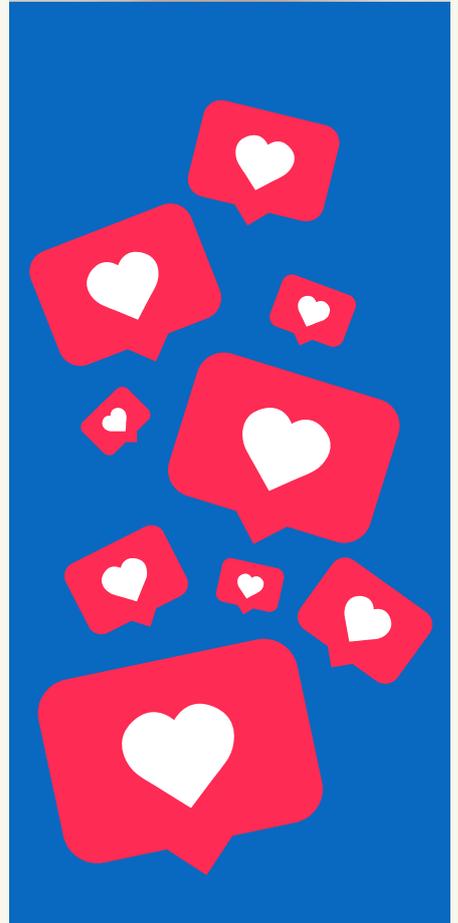
Navigating modern life, technology is both a symbol of progress and concern, particularly for its influence on our younger generations. Globally, families work to integrate digital tools into their lives, balancing the benefits with potential drawbacks.

Concerns about screen time and safety are crucial, yet it's important to incorporate technology in ways that foster growth and learning.

In this digital era, technology has significantly impacted our youths, providing both opportunities and challenges. It offers access to information, promotes tech literacy, and encourages communication and creativity.

Educational tools make learning engaging, and digital platforms keep children connected. Yet, we must address issues like sedentary lifestyles, addiction risks, inappropriate content, and sleep disruption.

Only striking a balance, we can enable children to flourish in a tech-centric world.



GROWING MINDS, GROWING BODIES

Development to Devices - Kids in the Digital Age



BY MOSES WONG, FELICIA CHUA
M.A.P LEARNING AND CONSULTANCY

The rapid proliferation of technology has undeniably transformed the lives of the younger generation both in Singapore and around the world. While it has brought about remarkable opportunities for learning, connecting, and innovating, there are also significant concerns that need to be addressed. Here are the top three issues that warrant our attention:

1. Decline in Face-to-Face Social Skills

In this digital age, young individuals are increasingly relying on electronic devices for communication at the expense of face-to-face interactions. A study by Pew Research Center found that 58% of teens in the U.S. feel that they spend too much time on their cellphones, and 54% say they spend too much time on social media [1]. Our children are growing up in a world where texting and online chatting are second nature. It's convenient, but it means they might not be getting enough practice with in-person chats. This raises concerns about the development of social skills and the ability to engage in deep, meaningful conversations.

2. Mental Health Challenges

It's hard not to notice how much time our kids spend on social media, often looking at pictures and stories that only show the best parts of someone else's life. Seeing other people's perfect pictures all the time can easily make one feel like he or she is not good enough. This has been linked to increased rates of anxiety, depression, and other psychological disorders among youths. A study by the Royal Society for Public Health in the UK found that social media use is linked to increased rates of anxiety, depression, and poor sleep among young people [2]. The constant exposure to curated lifestyles and the pressure to measure up to unrealistic standards can lead to feelings of inadequacy and low self-esteem.



Learn more:

1.[Main findings: Teens, technology, and human potential in 2020 | Pew Research Center](<https://www.pewresearch.org/internet/2012/02/29/main-findings-teens-technology-and-human-potential-in-2020/>)

2. [Young people's technological images of the future: implications for science and technology education | European Journal of Futures Research | Full Text](<https://eujournalfuturesresearch.springeropen.com/articles/10.1186/s40309-022-00190-x>)



3. Diminished Privacy and Security Awareness

Today's youths are born into a world where sharing personal information online is the norm. Sharing personal moments online can seem harmless to our young ones. However, this can make them vulnerable to privacy breaches and cyber threats.

A study by the Pew Research Center found that 95% of teens in the U.S. have access to a smartphone, and 45% say they are online "almost constantly." Educational initiatives are essential to teach young people about the importance of protecting their digital footprint to mitigate risks associated with the use of technology. This knowledge is a powerful defence against potential online threats and to understand the value of cybersecurity.

Technology is a double-edged sword, but with mindful guidance, it can be wielded to our advantage.

As we embrace the positives and address the concerns, we can ensure that our children reap the benefits of the digital world while staying grounded in the values that matter most.



Gadget Gurus and their Wired Wisdom

BY MOSES WONG, FELICIA CHUA

M.A.P LEARNING AND CONSULTANCY



In recent observations, educators and tutors have voiced a growing concern regarding children's burgeoning affinity for social media and online content.

Like ourselves, we recount tales from parents lamenting how their children seem ensnared by the digital world, unable to detach from the relentless pull of notifications and the allure of instant gratification almost on a daily basis.

Imagine returning home from work, yearning for that joyful chorus of "Daddy/Mummy, you're home!" only to be greeted by requests for the phone. Picture a family dinner, once a time for sharing daily adventures, now overshadowed by the distant voices of YouTube personalities.

It's a reality where the gap in communication between generations seems to widen with each passing day.

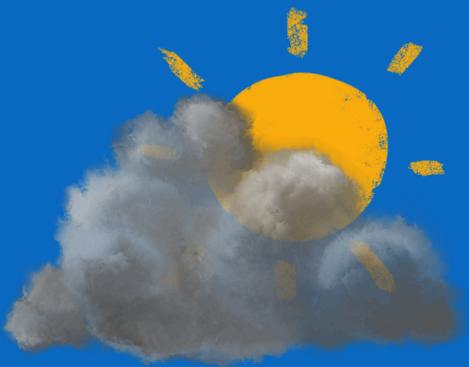
The Digital Shift in Study Habits

This fixation on digital content is reshaping the landscape of education. Our students today are increasingly dependent on technology not just for entertainment but also as an educational tool. While this has opened a treasure trove of information and interactive learning opportunities, it has come with a cost.

Educators like ourselves have noticed much shorter attention spans among students who find the fast-paced, bite-sized information of social media more engaging than lengthy academic discourse. Even school research projects now compete with the latest YouTube trends, with personalities like MrBeast wielding more influence on young minds than traditional educational figures.



While technology has opened a treasure trove of information and interactive learning opportunities, it has come with a cost.



The increasing emphasis on digital content is transforming the educational arena. Our students are progressively reliant on technology, not solely for leisure but as a pivotal instrument for learning. This reliance is evident in various forms, from watching TikTok live sessions for Mathematics revision to using AI for assistance with homework assigned by schools.

While this has opened a treasure trove of resources and dynamic learning experiences, it has come with a cost. Educators like ourselves have observed a significant decline in student attention spans, with research from Microsoft indicating that the average human attention span has dropped from 12 seconds in 2000 to just 8 seconds in 2018 (Microsoft, 2018). As a result, our students are finding it increasingly difficult to sustain their attention when learning materials are not presented in a digital format. This trend is particularly concerning in educational contexts, as the brisk and succinct nature of social media content often holds greater appeal than original academic discourses.

Research from the University of Southern California found that students are more likely to engage with content that includes interactive and visually appealing elements, emphasizing the need for educators to integrate multimedia and digital tools into their teaching strategies (USC, 2020). Consequently, we educators must now adapt and compete for student engagement in an age where YouTube influencers and other digital content creators have a more significant impact on young audiences than traditional educational figures like educators ourselves.

Striking the Balance – Tech Proficiency vs. Over-reliance

Technology is an integral part of our lives, not an adversary to be shunned, but a tool to be wielded with wisdom. Yes, our children must be fluent in the language of the digital age; to resist is to deny them the keys to a world of knowledge. Yet, we must tread this path with eyes wide open, recognizing that the digital revolution brings both light and shadow.



Technology is an integral part of our lives, not an adversary to be shunned, but a tool to be wielded with wisdom.



THE PSYCHOLOGIST TALKS

PSYCHOLOGY FOR EVERYDAY life



IS YOUR CHILD'S INTERNET AND PHONE USAGE BECOMING PROBLEMATIC?



BY GERALD BOH

CLINICAL DIRECTOR, MINDSHEART LLP

In today's digital age, it's easy to worry about how much time our kids spend online and on their phones. But what if I told you that it's not just about the screen time, but also about how these devices are affecting their brains? Here's what you need to know about how excessive internet and phone usage could be impacting your child's brain development.

Interference with Daily Life

You might notice your child pulling away from important activities like socializing, schoolwork, or even basic self-care when they're glued to their screens or phones. It's not just about them being "too into" their apps or social media; this can actually disrupt their daily functioning in significant ways. When the online and phone world become more appealing than real life, children can start to neglect essential aspects of their daily routine, leading to bigger issues down the road.



Mental Health and Emotional Regulation Issues

There's a strong link between heavy internet and phone use and mental health struggles like anxiety and depression. But it's more than that—excessive screen time and constant phone notifications can also stunt emotional growth. Imagine your child struggling to manage their emotions offline because they've spent so much time online or on their phone, where instant gratification and constant feedback are the norm. This could lead to mood swings, impulsivity, and difficulty handling stress, creating a perfect storm for mental health challenges.

Altered Brain Development

Here's where it gets even more concerning: the brain. Long hours in front of screens and frequent phone use can alter brain development, especially in areas that control attention, decision-making, and emotion processing. These changes can make it harder for kids to focus, remember information, and develop healthy coping mechanisms. The effects on their cognitive and emotional development could be long-lasting, making them more vulnerable to mental health issues.

Social Isolation

We all want our kids to have strong social skills and meaningful relationships, but what happens when they're more comfortable interacting through their phones than in person? Excessive phone and internet use can lead to social isolation, which hinders the development of critical social skills. Kids who spend more time online or on their phones than interacting face-to-face with others may struggle to build and maintain relationships, leading to feelings of loneliness and disconnection.



Recognizing the Signs

How do you know if your child's internet and phone use is becoming problematic? Watch for these signs:

- **Resistance to Limiting Screen Time:** Upset when asked to put down the device.
- **Neglecting Responsibilities:** Chores, homework, and duties being ignored.
- **Social Withdrawal:** Preferring online interactions over real-life ones.
- **Physical Symptoms:** Headaches, eye strain, or constant fatigue.
- **Emotional Changes:** Irritability, anxiety, or mood swings tied to screen use.

By staying alert to these signs, you can help foster healthier internet and phone habits. It's not just about reducing screen time—it's about ensuring your child's overall well-being in this digital world.



“

Remember, it's not just about cutting down screen time—it's about ensuring your child's overall well-being in this digital age.

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Upcoming Events



4 LUNCH TIME SESSIONS OF PARENTING IN THE DIGITAL AGE



Dates: 4, 11, 18, 25 Oct 2024 Time: 12-1.30pm Venue: Zoom

"Parenting in the Digital Age" is a comprehensive course designed to help parents navigate the challenges of raising children in a tech-driven world, offering practical strategies for managing screen time, ensuring online safety, and fostering healthy digital habits.

A Joint Event Hosted by



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