



# ICT CONNECT @ Cove

March 2022

## THE DIGITAL DETOX

How can we carry out a Digital Detox? And why is it beneficial for Adults and Children.



Tech tools and digital media has become a big part of our lives in this Era.

But how much is too much?

Read more about how having breaks from digital media can be good for our overall health.

Click or scan the QR code to access the resources.



### Tips for healthy Tech-Harmony at home with your family and young ones.

When to drop the Device?  
Signs of unhealthy tech use?  
Read to learn more.



### What can Eye do?

What are some of the tips to take care of our eyes while using tech tools?



Healthy use of Technology starts with you.

As parents, how can we be role models to our children?

MOE has launched a parenting-focused Instagram account, [@parentingwith.moesg](https://www.instagram.com/parentingwith.moesg) to engage and partner parents.

