

September (9.4)

"Sow an act...reap a habit"

George Dana Boardman

- We teach our kids to develop good habits when learning to play sports or when crossing the street.
- Considering that your kids will spend years of their life on the computer, and the risk of pain or injury, isn't it important we help them develop good habits?
- Here are some of the most important habits that you can encourage in your children when they are using the computer:
 1. Learn to touch type
 - <http://www.bbc.co.uk/schools/typing/> (Wacky and fun!!)
 2. Learn to integrate breaks when on the computer for long periods of time.
 - <http://www.paratec.com/sbform/kidsform.htm> (free for kids)
 - <http://www.workrave.org/welcome/> (free for everyone!)
 3. Educate and encourage your children to sit or stand with their hips, shoulders and ears in a straight line. We do this when we teach sports – why not at home?
 4. Encourage your kids to sit or lounge with some support in their low back and neck (e.g. Pillows)
 5. Encourage your kids to change postures throughout their time on the computer or when playing their video games. Standing-up, kneeling or walking around for a change is better than staying melted on the couch for hours on end.
- In the end, it's all about your family's health. What is your crop looking like?



Shortcut Tip Ctrl + Z, to UNDO (or multiple times) to Repeat UNDO formatting in Microsoft Applications