



The Daily Star
CELEBRATING
33
years of
JOURNALISM WITHOUT
FEAR OR FAVOUR

LIFESTYLE DIARIES

SEGMENT 4

ANNIVERSARY SUPPLEMENTS 2024

DHAKA SUNDAY FEBRUARY 25, 2024

FALGUN 12, 1430 BS

44

Tech parenting: Navigating the fine line between convenience and neglect



for so long seemed impossible in the beginning. The nanny cam was a boon in the sense that I could log in to see my daughter whenever I felt low, and instantly feel a little more relaxed!" she says.

While the above may paint a rosy picture in your brain, technology is stealthy in the way that it makes the user complacent. Although parents need their downtime, too much reliance on the baby monitor or the electric rocker can rob the baby of one of the most precious gifts a parent can give it – their touch and physical closeness.

According to BetterHelp child counsellor, Farhat Hasan, each child goes through a number of developmental stages while growing up and has unique needs that must be met in each of them.

"Almost as soon as a child gets a heartbeat, its brain starts to develop. Parents, therefore, should educate themselves on children's developmental stages even before their child is

born. If they make necessary lifestyle changes from the beginning, they are better prepared to provide what their child needs in order to stimulate their brains," says Hasan.

Previously, households had grandparents, aunts and uncles living together under one roof and everyone in the family would take responsibility for a child's upbringing. Now, due to the change in family dynamics, the choice for help in child rearing has come down to two alternatives – house help or technology.

"It's a matter of choosing the lesser of the two evils and technology gets an upper hand over house help. But in no way is this an ideal environment for a child to grow up in," warns Farhat Hasan.

WORKING WITH TECHNOLOGY

Hasan warns parents of the dangers of social anxiety, especially when children are left with devices, unsupervised, for long periods of time. "Children must be empowered to naturally interact with humans, or else they will shy away from interaction every time. This will invariably pull them back and hinder their growth."

On the other hand, a strict no-screens policy imposed by parents is equally unrealistic. As a child grows up, they are exposed to technology in schools



and other people's homes. "It's the modern age and there's no escaping the screen," shares Hasan.

"Keeping a child away from screens completely can actually give rise to inferiority complexes in them." She recommended using technology wisely during this time, with parental interaction and supervision. "This sort of an interaction reduces social anxiety in children as they grow up," informs the counsellor.

Using screens during meal times is a common scenario for households with young children in Bangladesh. "My son is three," says Seher Chowdhry, a stay-at-home mother. "I struggled to feed him his veggies for the last two years, but ever since I've turned on the screen, mealtimes have become easier. Veggies, fruits, everything goes in when he's distracted!"

SEE PAGE 45

Imagine the birth of a baby. Almost as soon as it opens its eyes, it finds itself staring into a camera. When it goes home, it finds the bedroom temperature perfectly adjusted to suit its requirements. The bath water is neither too hot nor too cold. Its bottles come sterilised, and warmed for optimum comfort and when it sleeps in its own room, parents are comforted by the gentle rise and fall of its chest as seen from the baby monitor. If one of the parents must step out for a bit, they can log onto the nanny cam installed at home

through their phones and see the precious little face that they miss so much.

There's no denying that all of this comes from a place of love. The hygiene, the comfort, and the constant monitoring. There's a silver lining for the parents too, stay-at-home parents can have their hands free for at least a few hours in the day to unwind, or finish their work, and working parents can return to work, confident in the knowledge that their little one is safe and comfortable.

From bottle sterilisers to baby

monitors and nanny cams – there's no discounting the fact that technology has made life much easier for parents. However, in an era of such pervasive innovation, when is it time to pull back and say, enough?

THE SNEAKINESS OF TECHNOLOGY

When Taneem, a mother of a six-month-old, was about to finish her maternity break and go back to work, the only thing that helped her through the painful transition was the nanny cam.

"I needed to feel in control. Staying away from my daughter



RUPAYAN CITY UTTARA
A Premium Mega Gated Community

RUPAYAN CITY
First City Brand in Bangladesh

৫৫৫+ পরিবার
এখনই বসবাস করছেন

HAPPY TO SERVE YOU **16504** | **017 0122 3644**

মনোরম প্রাকৃতিক পরিবেশের একমাত্র গেটেড কমিউনিটি

- ৬৩% খোলা জায়গা
- কোর্টইয়ার্ড, কমিউনিটি কফি শপ
- চমৎকার আন্ডারগ্রাউন্ড সুইমিংপুল কমপ্লেক্স
- হানসা-এর মাধ্যমে ফেসিলিটি ম্যানেজমেন্ট
- কমিউনিটি ক্লাব
- কমিউনিটি শপ
- স্কুল ও মসজিদ
- গাজিবো
- প্রায় ১৫০ বিঘা সিটি এরিয়া
- ৬.৫ কিমি জগিং ট্র্যাক
- ৩ স্তর এর নিরাপত্তা ব্যবস্থা
- জিমনেশিয়াম
- এস্ফিথিয়েটার
- সুয়ারেজ ট্রিটমেন্ট প্ল্যান্ট
- সেন্ট্রাল এলপিজি গ্যাস চেম্বার
- চমৎকার ওয়াটার বর্ড

আপনার শহর আপনার অপেক্ষায়

রুপায়ন সিটি উত্তরা থেকে - মেট্রোরেল স্টেশন: দূরত্ব-৫০০ মিটার, সময়-০৫ মিনিট (হাঁটার দূরত্ব) | বিআরটি স্টেশন: দূরত্ব-৮৫০ মিটার, সময়-১০ মিনিট (হাঁটার দূরত্ব) | হযরত শাহজালাল আন্তর্জাতিক বিমানবন্দর: দূরত্ব-৬.৫ কিমি, সময়-১২ মিনিট | এলিভেটেড এক্সপ্রেসওয়ে: দূরত্ব-০৭ কিমি, সময়-১৫ মিনিট