

**Children rely too much on technology, like computers, smartphones, video games for fun and entertainment. Playing simpler toys or playing outside with friends would be better for children's development.**

Technology has impacted all aspects of our lives such as transportation, communication, and games. The emergence of digital devices has created digital games which have some negative effects. I personally believe that non-digital games outweigh their digital counterparts games. In the following paragraphs, I will elaborate on my arguments.

First and foremost, according to psychological research, digital devices like television, computers, and smartphones reduce children's creativity and computer games are not an exception. In fact, in order to improve offspring's creativity, the usage of digital devices should be limited and we encourage them to make handicrafts from unusable things.

Second, games play a pivotal role in children's development, hence their importance. Group non-digital games improve social skills because individuals communicate with each other. Moreover, outdoor games give them an opportunity to interact with the environment and discover it. For example, although ~~are~~-there are applications and television shows from which children can learn about nature, teachers and parents can teach them through creative games. To put it simply, kids themselves can feel objects instead of watching the others touching them. Moreover, research suggests that the obesity rate has increased among the young generations, so the solution lies in outdoor games to increase their physical activity. Furthermore, excessive access to digital devices does harm to children's vision. As a result, parents should impose limitations on time when their children can use these devices.

Besides, I believe that society has turned to computer games for two reasons. First, there is a general trend toward living in apartments, so kids cannot play physical games under these conditions. Second, today parents are busier than before. In other words, they do not have free time to spend with their child. Consequently, they consider digital games an alternative to themselves to fill this void.

To conclude, I maintain that we should not confine children to specific games. Each kind of games has its own advantages and disadvantages and none of them cannot be a substitution for each other. In fact, parents should care about the balance between toys and computer games.