- Screen time / Children—nutrition

Balancing technology and nutrition: The modern parent's guide to raising healthy kids

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AS children grow up in a world shaped by technology, screens have become powerful tools for learning, creativity and connection.



Yet while digital access opens doors to new discoveries, it also presents challenges for parents striving to nurture healthy routines and holistic development.

In a fast-paced environment filled with online classes, mobile games and endless entertainment, today's families need to find the right balance between technology use, physical activity, and proper nutrition. Parents now play an even more critical role in guiding their children so that digital tools support—not replace—the fundamentals of healthy growth.

Below are practical ways modern parents can help children stay healthy, energized, and well-nourished in the digital age:

■ Encourage time away from screens. Technology can easily become addictive. Too much screen time can cause children to shift to unhealthy eating habits. These are amplified by other unhealthy effects like the lack of physical activity and social interaction. Limiting screen time is not about restriction—it's about creating space for a wellbalanced life. Reminding them to put down their gadgets and explore doing other healthy activities will give them the benefit that activities outside the online world can bring

For instance, snack bonding moments over nutritious food such as apple slices, bananas, or rice cakes, smoothies, or buko juice, can help foster real-world interaction while reinforcing good eating habits.

■ Guide children by being mindful of what they see and hear. Children absorb what they watch and listen to, often unconsciously imitating behaviors they see online. There is a lot of information that can be consumed in the media, which can put it at a disadvantage. If they frequently watch content that shows unhealthy eating or skipping meals, these habits might quietly take root.

As parents, we can guide our children by monitoring what they consume—both digitally and nutritionally—and help them discern facts from fiction. Explaining why balanced meals and rest matter encourages mindfulness and critical thinking even at a young age.

■ Engage kids in meal preparation. Getting children involved in preparing meals can spark curiosity and excitement about healthy food. Assigning simple tasks—washing vegetables, mixing ingredients, or plating dishes—helps them build a sense of ownership over what they eat.
This hands-on approach not only reduces gadget time but also strengthens family bonds and fosters a deeper appreciation for nutritious meals.
■ Balanced nutrition in a digital world. While technology can enrich a child's learning, it may also disrupt routines that support healthy eating. Between busy schedules, distractions, and selective eating habits, some children may still fall short of meeting their daily nutrient requirements.
Pediatricians note that appropriate vitamin supplementation can help bridge these nutritional gaps. Products like Propan TLC are designed to complement a child's diet by providing nutrients that support appetite, energy, and growth. Propan TLC contains Lysine and B-vitamins to help maintain a healthy appetite, Vitamin C and B-complex for immunity and energy support, and Chlorella Growth Factor with Vitamin D to aid overall growth and development.
Ensuring proper nutrition through wholesome food choices—and, when needed, supplementation— helps children stay focused, energized, and ready to learn in an increasingly digital environment.
■ Helping children thrive in today's world. As families navigate the realities of modern technology, finding balance remains key. Encouraging outdoor play, nurturing healthy mealtime habits, and supporting children with proper nutrition all contribute to their holistic development.
With consistent routines, intentional choices, and a nurturing home environment, parents can help their children grow strong in body and mind while still making the most of what the digital age has to offer.