

Children understand best through stories, so parents please read the below story to your child and support him/her understand how to use technology safely...

Hello I am Jumbo and this is Happy and we are here to introduce some friends to you

- Tanya the television.
- Mayur the mobile phone.
- Charmi the computer.
- Lavina the laptop.
- Imran the Ipad.

Hello I am Tanya the Television and I can be your friend for life. To be my best friend you must sit atleast 3 feet away from me. I have some programs for you and some for your mummy and daddy, so be careful and watch only programs meant for kids.

3 feet

When you are eating then do not switch me on as your stomach and mouth get distracted and you may not enjoy your food, or eat too fast or too slow, get a tummy ache and may even eat more than you want.

Try not to watch me for more than 10 minutes at a time so in every ad break do this exercise and you will be fit and fine.

10 Minutes

I like it when kids learn good things from my programs. I feel very sad when kids watch and learn wrong habits or language from my programs.

You must not watch me before going to bed, play with my friend the book and you will get a good night's sleep and Good sleep makes you smart.

Hello I am Mayur the mobile phone I can keep you safe and in touch with your family and friends.

I am not for playing games, my small screen and tiny buttons can harm your eyesight and finger muscles so please don't play games on me.

I work on radiation, radiation also cooks and warms your food in the microwave, so holding me too close all the time can be harmful for your health. Do tell your mummy and daddy not to keep me in their pocket or near their bed.

Hello I am Charmi the computer and these are my friends Lavina the laptop and Imran the Ipad.

I can help you type, find facts through internet, design, draw and many more interesting things.

I can help you do all that the computer does and I can be carried wherever you want, I am small and compact.

I have no wires, no keypad and no buttons and I can do many things. But children use me to play games and I would like them to play outdoors, read books and build with blocks too.

Never keep me too close to your face as it is unhealthy for your eyes. I too work on radiation so be careful and try not to hold me all the time.

We are all screen buddies because like the television and mobile phone we have screens and watching our screens for too long can harm your eyes.

We are not a toy and we are very unhappy when kids only use us for playing games. Our friends the blocks, the board games and the books feel sad when kids stop using them, so we request you to spend some time with your toys to make us all happy.

Tanya the television is right, you must exercise your muscles every 10 minutes after using us, otherwise you will not be strong and healthy so here is another fun stretch for you to do when you use us.

10 Minutes

Never use us for more than one hour a day so which means not more than 15 minutes for each of us. And yes we all should be used by you only when an adult is around.