

# Digital Technologies



This section provides information about how digital technologies such as video games, cell phones, and the Internet can be helpful for improving thinking and academic skills, as well as behavioral and psychological functioning.

**Please visit the links below for more information:**

- [Communicating with Your Children about Digital Technologies](#)
- [Digital Technologies and Executive Functions](#)
- [Digital Technologies and Academic Skills](#)
- [Play Diet](#)
- [Why Parents and Therapists Need to Know about Video Games and Digital Technologies](#)