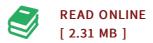




Screen-Smart Parenting: How to Find Balance and Benefit in Your Child's Use of Social Media, Apps, and Digital Devices

By Jodi Gold

Guilford Publications. Paperback. Book Condition: new. BRAND NEW, Screen-Smart Parenting: How to Find Balance and Benefit in Your Child's Use of Social Media, Apps, and Digital Devices, Jodi Gold, Even for today's most tech-savvy parents, managing kids' technology use is a huge challenge fraught with uncertainties. What kinds (and amounts) of screen time boost learning and development--and what kinds may be harmful? When is the right age for a game console or a smartphone? How can kids and teens be protected from cyberbullying and learn to be good digital citizens? What impact do parents' technology habits have? In her busy psychiatry practice--and while raising her own kids--Jodi Gold sees every day both the mind-boggling benefits and the serious downsides of technology. In a positive, accessible style, she gives parents a wealth of practical strategies for navigating the digital frontier and creating realistic, doable rules and expectations for the whole family.



Reviews

Merely no words to spell out. It is amongst the most awesome publication i have read. Your life span will likely be transform as soon as you full reading this book.

-- Marvin Okuneva

Completely among the best publication I have got at any time go through. I have got go through and so i am confident that i will likely to read again once more down the road. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Zachery Mertz