



## 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.



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### Reviews

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