

# PARENTING IN THE AGE OF ATTENTION SNATCHERS



A STEP-BY-STEP GUIDE TO BALANCING  
YOUR CHILD'S USE OF TECHNOLOGY

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# Parenting in the Age of Attention Snatchers: A Step-by-Step Guide to Balancing Your Child's Use of Technology



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Are your kids unable to step from the screens? This is a useful, step-by-step guide that gives parents the tools to teach kids, from toddlers to teens, how exactly to gain control of their technology make use of. As children spend even more of their time on tablets and smartphones, using apps specially engineered to capture their interest, parents are worried about the consequences of so much technology use--and feel powerless to intervene. Lucy Jo Palladino implies that the key would be to help children build consciousness and control over their very own interest, and in this guideline she provides parents the tools to do exactly that, in seven simple, evidence-based steps. They want their children to be competent and competitive within their make use of of technology, but they also want to prevent the attention issues that can develop from overuse. Parents will find out the best practices to guide children to understand and control their attention— and to recognize and resist when their interest has been "snatched. " This approach could be modified for kids of most ages. Parents may also learn the important difference between voluntary and involuntary attention, new findings about mind advancement, and what puts kids at risk for attention disorders.



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I can not recommend this book plenty of. This book ought to be in the hands of each mother or father from infancy to young adulthood. To date, this is the most extensive and practical help for parents on how to help their children from an extremely young age figure out how to make use of their technology as opposed to having it utilize them. When kids practice voluntary attention within their use of technology, they're building the neural pathways for interest and focus. If they allow digital products to "snatch" their interest, they are building the neural pathways for involuntary interest. Voluntary interest is intentional, requires work, is hard to sustain, and builds the pre-frontal cortex of the brain.<sup>2)</sup> Occasionally the written text was dry but that had more to do with the research than Palladino's design. Parenting in the Age of the Attention Snatchers not only provides a comprehensive definition of voluntary attention and its characteristics juxtaposed once again involuntary attention, it also provides concrete recommendations and solutions to the growing problems children and teens have paying attention. Dr. Until I go through Palladino's reserve, I did not consider the other ways to help teens develop sustained attention and focus. Involuntary attention is effortless, is hard to avoid, and builds the sensory cortex of the mind creating more reactivity, among other characteristics that inhibit focus. That alone is huge. I do not work with them on the academic aspect. Suggestions given aren't one size suits all but each one is divided by age, how to make it relevant and relevant to the different ages and stages. Asking students to keep focus for over 3 hours is similar to asking runners to perform a marathon without training. Lucy Jo's outstanding publication lays out the blueprint for instruction that I use. I hoped that, despite its emphasis on the family, I'd find it useful as a teacher. Palladino provided no context as to why the dad though this was abnormal behavior. I have to state that I am practicing some of her suggestions with my own process of attention and focus, with technology and without. An incredible book at an important time! teach teenagers about technology awareness and mindfulness, helping them recognize that the mindless use of technology stimulates their sympathetic anxious system, whereas mindfulness and meditation stimulate their parasympathetic anxious system. Palladino does a wonderful job of blending the latest brain research with compelling stories to greatly help parents navigate a challenging digital age. She describes the profound differences between "bottom-up" involuntary interest and "top-down" voluntary attention, and why it's essential that we help our kids develop the mind skill of "top-down" interest, especially in an age of always-on, distracting technologies. Palladino does real work with real children and households, as she understands the nuances of assisting kids use tech mainly as a tool and not a toy. It's very clear from her wisdom and compassion that Dr. I highly recommend this amazing book. Five Stars Recommended by my son's classes.<sup>7)</sup> A good bonus for me personally is that I could count reading this reserve towards my required annual teaching for my teaching certificate. Any publication that teaches me something is an excellent one and this had a lot. An excellent resource for family members and teachers Buy this book! Okay, unless you have kids, work with them, or look after them, you can probably skip that one. But, in case you have children coping with you or you work with children, then you have to read this book. Technology, gaming, and social media are right here and we can not realistically prevent them. But it's hard to know the huge benefits and pitfalls and if it's hard for adults, imagine the issue for children, and which includes teenagers, whose brains are very literally still developing. This book is not my usual fare for the blog but I saw it at NetGalley and needed it. I need to reiterate. Happily, I did. Palladino clearly understands child advancement and it underpins her information. Numerous research are cited as are YouTube movies (apropos, no?) but we also get anecdotes from the author's work

with children of all ages in addition to appointments to classrooms.2) Palladino, the writer, has a calm, sane, reasonable approach.3) We learned, a lot. She accepts that computers, gaming, social press, etc. are right here and it's the job of adults to greatly help children figure out how to manage their period and to make accountable decisions concerning technology. There's no 'the sky is normally falling' nonsense. A Must-Read for Anyone with Children I am therefore thankful to have encountered this publication, and the perspective and the tools it offers for talking about the power of digital devices over our children's attention. The information about voluntary and involuntary attention alone was a variety of fresh and familiar. Add in the information about how exactly computers affect the brain and its own development and I've a lot to think about.4) The suggestions and advice, while definitely aimed at families as the title says, are often adaptable to classrooms, camps, and other conditions where children of most ages spending some time.5) She respects the kids.I am working with teens preparing for the SAT and ACT college boards. Too many of the books I browse, targeted at parents, show a distinct lack of respect for kids. They make an effort to 'fix' the child or address the child's issues just from the parental perspective. I think it would not only end up being educational for the other staff but an excellent foundation for developing an official technology policy. Some of the tips given would be to help the kid, some of the information she presents is aimed at the parents, to greatly help them cope.6) This is related to number one.What I loved:1) The advice and information is firmly grounded in research and research. Instead I help them teach their brains to focus when they are learning, completing practice test, and taking the state tests. Good information. :)A few minor complaints:1) Several statements and examples lacked context. For example, she talks about a dad trying to engage his son in interests other than gaming but disregards, originally, the son's interest in drumming. He, the father, stated that he'd observed his child tapping along to music but believed it was a nervous habit. That puzzled the heck out of me because tapping along to music is usually both normal and common. This book belongs in the hands of every parent from infancy to young adulthood. I go through it and thought the problem lay with the daddy and not the son; context was seriously needed. The guts of storage, focus and comprehension, among additional strengths needed for success. I'm encouraging my school to buy this book and use it.Verdict:Buy it, read it, utilize it. Overall, her style was easy, very clear, and witty. Palladino neatly navigates the tricky balance between the child's requirements and the family's needs. If you're a parent, teacher, guidance counselor, etc.Asking learners to keep up focus for over 3 hours is like asking runners to run a marathon without training I may't say enough about Lucy Jo Palladino's new book, Parentingin age Interest Snatchers: A Step-By-Step Information to Balancing YourChild's Usage of Technology.



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