

Foreword by James P. Steyer, Founder and CEO of Common Sense Media

MEDIA MOMS & DIGITAL DADS

A FACT-NOT-FEAR
APPROACH TO 
PARENTING IN
THE DIGITAL AGE

YALDA T. UHLS, PhD

Yalda Uhls

Media Moms & Digital Dads



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Empowering parents in a confident way! Just what a great book! I really like how Uhls is trying to see us about analysis conclusions and the implications for parents of all ages.. Great summary of data on what media influences the advancement of children from early childhood to adulthood. Yalda is a fantastic researcher/ article writer and always reduces difficult topics in a way that's clear, concise therefore incredibly helpful. Reading it can help me feel enlightened, empowered, and more understanding of my kids. It describes clearly how technology is certainly a constant section of my child's existence and how that can affect my child's sociable development, needs, and goals. Uhls seamlessly blends surveys, statistics, research and her own encounter as a student and mom to reveal eye-opening insight into today's digital globe. Digital Dads is easy to browse based on the age and subject that interests you. It really is straightforward, clear, and incredibly concise. Most importantly, it has certainly helped me be engaged with my children's press choices and understand what kind of effect I can have as the best and positive parent.

ESSENTIAL Read for Parents As someone who works together with children in an educational setting, I could honestly say that this book is crucial browse for today's parents. Knowing how to navigate the waters is essential to raising well informed and well adjusted children.! It is a satisfying and informative go through, sprinkled with anecdotes and practical advice. Very easy to learn and comprehensive consider the impact of technology and media on children This book breaks down probably the most up-to-date science on what we know about children, media, and technology into understandable and usable information for parents and others concerned with children's well-being. This has become among my go-to resources when I want an instant and clear way to describe research findings, which may be confusing and occasionally contradictory. I can't recommend this book more than enough because of its relevance to parents and experts alike. Highly recommended! Great Book! With displays calling for our kids' attention everywhere they convert, it's hard to know how much screen period is "too much". Dr. Uhls' book is usually a must-read for everybody - whether you are worried about how enough time your kids are spending playing video gaming or texting their close friends, no matter what age or stage your children are going through, there exists a chapter that relates to you. Dr. Uhls presents the study in a balanced and relatable manner, which takes the fear and emotion out of an extremely emotionally-charged topic, and allows the reader to feel self-confident making parenting decisions based on the facts. This publication should be needed reading for all parents who purchase tech devices for their children. I also appreciated that it generally does not consider an alarmist tone, which many discussions of children and media veer into. Great reference book

This book has great research to back up the information given.! It's a valuable tool and an easy read! I can interact better with my child & Uhls has created an extremely helpful book in a time when parenting seems more challenging than ever! As a parent of tweens, I recognize that my kids are literally directly on the brink of a complete " new globe " of technology and social media marketing that Personally i think completely ill-equipped to handle.! FANTASTIC! Uhls does not demand panic over media usage! Uhls writes a comforting and well researched publication, that non-judgementally describes the problems parents face, and is not afraid to be honest and discuss the mistakes she's made! Thank you, Dr. I Helpful book Well beyond having small children but I do have pre school grandchildren and this publication has been most helpful. Uhls provides enables the reader to realize that there is you don't need to overreact when it comes to kids using technology, yet her sound tips and willingness to share her encounters with her own children allow parents to possess a better knowledge of the dos and don'ts when coping with children in the digital globe we live in. Great book! This reserve presents solid research which is helping me make smarter parenting decisions about how to incorporate mass media into our

lives. As a mother or father of two teenagers I am deep in the weeds with racking your brains on probably the most reasonable and healthy digital path for my children. As a researcher and parent, Dr. Uhls really like the summaries by the end of the chapter that includes a overview of the research along with parent consider aways. It's a very interesting read and something that I highly recommend. The subtitle, A Fact-Not Fear Approach To Parenting In The Digital Age group, says it all. Knowledge is power What a great reference for all of us parents out presently there who are struggling to technologically match our kids. Uhls is definitely hopeful and offers information I could use to make choices that are right for my family.! Uhls offers a nice mixture of empirical evidence produced from a variety of studies and personal stories predicated on her experiences with her own family to greatly help me with this task. I also enjoyed that you don't have to read this book cover to cover. It is possible to just pick the chapter that applies to you and read that as I don't always have the time to read books cover to cover. I'll treat this book as an excellent reference book to greatly help instruction my parenting as my 8 year old ages. Dr. After reading the book I feel a lot more at peace with my daughter spending time online. It's not worse than when we were kids, it's simply different. The objective nature of the study data Dr. Thank you Dr. Uhls for shedding some light on this often confusing topic. Five Stars Excellent book! Perhaps Biased to the entertainment industry? I wasn't a fan of the book. I'm an enormous fan of her function which book couldn't be more timely! If that is what you need to hear, then you may find the book reassuring. It's provided in a manner that the author brings up some hard science plus some of the big fears we have as parents yet after that in the summaries and "important thing" notes that she highlights at the end of every chapter she glosses over everything she just wrote about and targets only the facts that support her bias that there surely is basically no need to dread and so a lot of this is harmless and a natural section of development (she totally ignores some of the specifics that she presents earlier in the chapters and only other often irrelevant information). For example, on web page 4 she writes very briefly the statistics of how 93% of boys and 62% of girls face porn in adolescence and acknowledges a huge difference from how their parents grew up, yet then on page 5 she writes about how the percentage of kids under age group 13 who experienced sexual activity in 1991 is double the percentage of the same aged children in 2013. Insightful read!. Plenty of popular opinions debunked by the studies the author presents. Uhls! Items that I have not thought about and today I can converse with much more media knowledge. Dr. daughter-in-law about my grandkids and what they need me as a grandparent to watch out for and do when the kids are with me. Great publication, wonderful help. Great read! Yalda T. Media Mothers & I have a 2 ½ year previous son, and her book helped me to create more educated decisions about our family members's media exposure. Great read! Great Book Dr. Media is, and can always be, a part of our children' lives, and we can learn to make educated decisions for our family. Helpful and Reassuring! I came across it to be very informative, a enjoyment to read, and in addition reassuring -- Dr.toddlers, tweens, and teenagers. It tries very difficult to sway parents never to worry about their kids' use of media and technology.



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