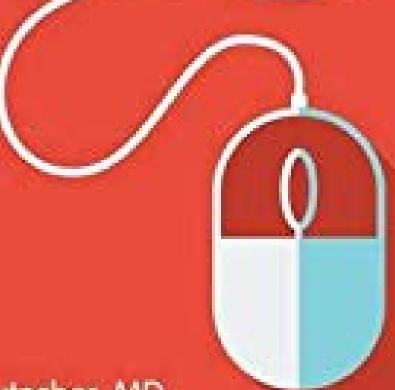# DIGITAL KIDS

How to
   Balance Screen Time
and Why it Matters

Martin L. Kutscher, MD

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Digital Kids: How to Balance Screen Time, and Why it Matters

For many kids and teens daily Internet use is the norm - but where should we draw the line when it comes to digital media usage? This convenient book lays out the essential information had a need to understand and prevent excessive Internet make use of that negatively impacts behaviour, education, family existence, and even physical wellness.Martin L. He tackles different questions ranging from the consequences of laptops in the classroom and reading on an electronic display screen, to whether violent videogames lead to aggression. The author also explains how ADHD and Autism Spectrum Disorder (ASD) can make you more susceptible to Internet addiction, suggesting practical strategies to suit these specific needs. Kutscher, MD analyses neurological, psychological and educational study and draws on his own experience to show when Internet use stops being a positive thing and starts to be excessive. He shows how to spot digital addictions, and will be offering whole family approaches for limiting the harmful effects of too much screen period, such as helping kids to learn to control their very own Internet use. Discussing both good and bad areas of the internet, this book lets you know everything you need to know to greatly help children and young people use the internet in a healthy, balanced way.

.. I will be recommending this to many parents. So many households struggle with the issue,"why can he concentrate on video games, however, not HW?" this reserve will enlighten you and help you better parent your son or daughter I would recommend this book to parents This is an important book that every parent should read. Dr. While mostly aimed at children, teens are also taken into consideration and the information could possibly be appeared at from an adult viewpoint also. I recommend this book to parents, teachers and anyone who cares for children.Roselyn Harburger 5 Stars for Dr. Kutscher's: "Digital Children, How exactly to Balance Screen Time and just why it Matters." Digital Kids is an easy to read and comprehensive information to managing kids's computer exposure. Good facts but Dried out Presentation Digital Kids can be an easy to read, fact-filled book on the effect of social media on children.I came across Dr. So, lots of useful facts, and for most that might be just what they are searching for but I needed more specifics and a far more dynamic demonstration.The book allowed me to pinpoint particular day to day problems immediately with additional resources referenced for more in depth analysis. A lot of interesting and useful details to greatly help your kids not become (or to overcome) internet/screens addiction. The content material of Digital Kids is crucial for parents to comprehend yet the dry tone of the publication produced me become disengaged from the materials. I had high expectations for the chapter on the family members meeting even though the structure was helpful I wanted a far more dynamic presentation of the "hows" pitfalls that may occur. Kutscher's book to take complicated principles and present them in a manner to immediately use in my family's daily lives. Many thanks Netgalley and JKP publishing for enabling me to examine this book for a genuine opinion. Lots of interesting and useful info to help your kids not become (or to .High School counselor and mom: A must Read Great book, easy read for active life. I'm a mother of a 12 yr outdated with ADHD and a HS Counselor. Chapter after chapter describes the mostly pernicious results that digital screens have on our children although sometimes he also notes results. Prior to the how-tos, the reserve extensively describes what various screen activities do to the brain and what negative effects can be caused. Kutscher provides very clear picture of the effects of digital press on our children and he gives information on how best to manage and control display time. My significant problem with the book is that it often resorts to lists of figures which I 'm not really a enthusiast of, believing statistics could be skewed to whatever viewpoint they are trying to prove.

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