

Parenting in the Screen Age: A Comprehensive Guide to Navigating the Digital Landscape

In the age of digital technology, it is more important than ever for parents to be informed about the impact of screens on their children's development. Dr. Catherine Steiner-Adair, a clinical psychologist and author of *The Big Disconnect: Protecting Childhood and Family Relationships in the Digital Age*, has written a comprehensive guide to help parents navigate the challenges and opportunities of parenting in the screen age.



Parenting in the Screen Age: A Guide for Calm

Conversations by Delaney Ruston

★★★★☆ 4.8 out of 5

Language	: English
File size	: 1979 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 405 pages
Lending	: Enabled

FREE

DOWNLOAD E-BOOK



Parenting in the Screen Age is a must-read for any parent who wants to understand the effects of digital technology on their children's physical, emotional, and social development. Dr. Steiner-Adair provides practical advice on how to set limits on screen time, create screen-free zones, and talk to your children about online safety. She also offers guidance on how to

use digital technology in a positive way to promote your child's learning and development.

Dr. Steiner-Adair's book is full of helpful information and tips, but what makes it truly unique is her compassionate and non-judgmental approach. She understands that parenting in the screen age is not easy, and she offers parents the support and encouragement they need to make the best choices for their families.

Parenting in the Screen Age is essential reading for any parent who wants to raise healthy, happy children in the digital age. Here are just a few of the things you will learn from this book:

- The impact of screen time on your child's physical, emotional, and social development
- How to set limits on screen time and create screen-free zones
- How to talk to your children about online safety
- How to use digital technology in a positive way to promote your child's learning and development

If you are a parent who is concerned about the impact of digital technology on your child, then I highly recommend reading *Parenting in the Screen Age*. Dr. Steiner-Adair's book is full of helpful information and tips that will help you make the best choices for your family.

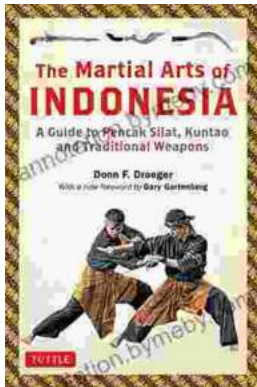


Parenting in the Screen Age: A Guide for Calm Conversations by Delaney Ruston

★★★★☆ 4.8 out of 5

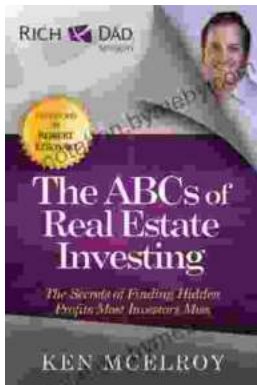
Language : English
File size : 1979 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled

Print length : 405 pages
Lending : Enabled



Guide To Pencak Silat Kuntao And Traditional Weapons: Uncover the Secrets of the Ancients

Immerse yourself in the captivating world of Pencak Silat Kuntao and traditional weapons. This comprehensive guide unveils the rich history, intricate techniques, and practical...



Unlock Your Financial Freedom: Dive into the ABCs of Real Estate Investing

Are you ready to embark on a journey towards financial independence and passive income? "The ABCs of Real Estate Investing" is your ultimate guide to...