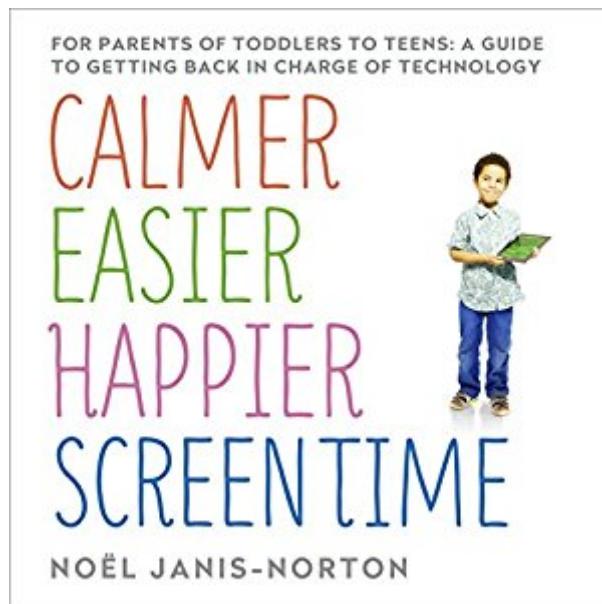


The book was found

Calmer, Easier, Happier Screen Time: A Parent's Guide To Staying In Charge Of Technology From Toddlers To Teens



Synopsis

Do you constantly find yourself battling to stop your kids from spending hours in front of a screen? Whether it's a TV, an iPad, a PC or a PlayStation, children are spending more and more time absorbed in the digital world, and for most parents it's a cause for concern. The most frequent question parenting expert Noel Janis-Norton is asked by desperate parents is how to limit and manage screen time. Parents know their children become aggressive and stressed after prolonged time on an electronic device, and they know that it limits their child's willingness to do other activities, yet they are at a loss of what to do about it. In *Calmer Easier Happier Screen Time*, Noel adapts her proven parenting strategies to this most complex of areas. Using the latest scientific research to show just how addictive the digital world can be for the developing brain of a child, she uses the calmer, easier, happier techniques to help parents wean their children away from their electronic devices and get back in charge.

Book Information

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