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Power Down Parent Up!: Cyber Bullying, Screen Dependence Raising Tech-Healthy Children (Paperback)

By Holli Kenley

Loving Healing Press, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Electronic Media Can Endanger As Well As Empower Your Kids In this decade, our digital world has grown exponentially as has the degree of time both adults and children are spending on their screens. Not surprisingly, researchers are discovering a myriad of unhealthy behaviors associated with excessive screen time. In Power Down Parent Up, Kenley expands on her groundbreaking book Cyber Bullying No More, giving parents/guardians effective strategies to integrate into their lives and their children s. How can we navigate a tech-driven world and raise tech-healthy children? Tackle cyber bullying head-on by implementing a concise Parent Up approach with proven strategies for Protection, Intervention, and Prevention. Power Down on screen dependence and become fully informed about its growing health concerns and consequences. Learn Seven Proactive Practices such as goal setting and creating a family plan to reduce screen time. Discover Four Healthy Guidelines to our parenting toolbox such as learning how to communicate about the false nature of cyber worth and cultivate our children s real worth. Rather imply that families can return to some idealistic less complicated time without Facebook, sexting,...



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