

Mindful Screen Time

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Synopsis

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Discover how to strike the perfect screen-time balance. Reap the benefits of technology without the negative consequences.

You may find yourself worrying that your child is spending more time in front of a screen than playing outside, learning something new, or socializing with family.

All you ever hear is how technology is rotting the brains of your kids, preventing them from developing social skills and exposing them to violence.

What you need to know is: all this stigma around technology is often misinformed.

There is no doubt that overexposure to anything can be harmful.

But when you apply technology, the right way, you uncover the endless benefits it can offer. The quality of the digital content we expose our kids to is what makes the difference. It's about leaning into the positives of screen-time while being aware of when it becomes negative.

In *The Guilty Parents - Screen Kids*, you will discover:

- The essential tools to moderate technology use in your kids' lives, manage your own worry and anxiety, and maintain a happy family
- A well-researched guide to help you navigate screen-time and know how to set healthy limits
- The myths about technology use and unhealthy amounts of digital exposure - debunked
- A strategy for when to set screen-time rules - and when to let go of them
- The online activities and video games that can inspire creativity, boost problem-solving skills, and educate...all at the same time
- Practical information to help you set reasonable rules and sensible boundaries that work for your family
- And much more.

As a parent, it's natural to worry.

But you don't have to feel guilty for letting your child watch their favorite show once in a while, or agonize about not spending enough time together as a family.

Now, you can know exactly how you can make the most of technology while strengthening your bond with your kids.

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