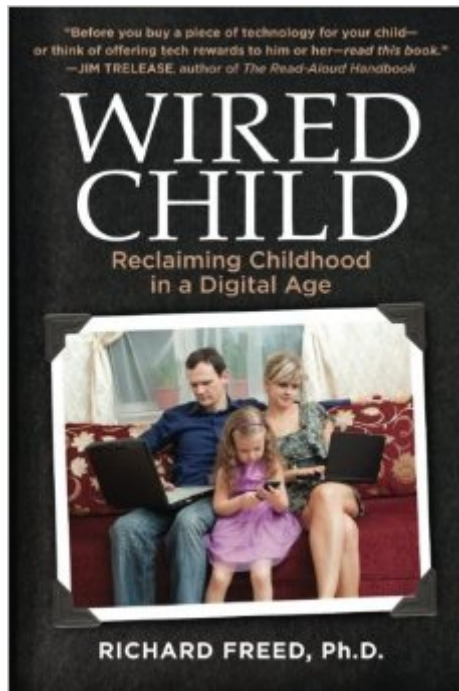


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Wired Child: Reclaiming Childhood In A Digital Age



Synopsis

A practical guide to building your child's bond with family and fostering school success amid the allure of digital screens Kids' obsessive use of video games, social media, and texting are eclipsing their connections with family and school—the two most important contributors to their well-being. The result: a generation of kids who suffer from soaring rates of emotional and academic problems, with many falling prey to an epidemic of video game and internet addictions. In *Wired Child*, learn why a bevy of social media friends won't keep teens from feeling empty inside and turning to cutting for relief. See how our kids have become smartphone experts who struggle in reading, math, and the other educational basics that colleges consider in deciding admissions. And discover how many "child-friendly" technologies are depriving kids of joy in the real world, putting them at risk for device addictions. *Wired Child* gives you the confidence and skills you need to safely navigate your children through a rapidly shifting media landscape. Dr. Freed offers concrete parenting strategies that will help you create the strong family kids need and encourage their school success. You'll also learn how to protect kids from destructive tech addictions, and instead guide them to use technology productively as a positive force for their future.

Book Information

Paperback: 266 pages

Publisher: CreateSpace Independent Publishing Platform (March 12, 2015)

Language: English

ISBN-10: 150321169X

ISBN-13: 978-1503211698

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (18 customer reviews)

Best Sellers Rank: #131,051 in Books (See Top 100 in Books) #91 in [Books > Parenting & Relationships > Parenting > School-Age Children](#) #137 in [Books > Politics & Social Sciences > Social Sciences > Children's Studies](#) #355 in [Books > Computers & Technology > Networking & Cloud Computing > Internet, Groupware, & Telecommunications](#)

Customer Reviews

As a fellow clinician who likewise focuses on screen time's impact on mental health and brain development, I'm an easy sell on this topic. But I have found myself re-reading and contemplating certain sections of this book. For example, Dr. Freed talks about how, through social media, texting,

secret virtual lives, and constantly being plugged in, teens are detaching from their families and making their peer group their "family" much earlier now. What intimate details parents used to know about their teens' daily lives are now unknown to most parents but readily available to their kids' friends. Meanwhile, parents are often clueless about what the child's really doing, and believe they'll make the child a social outcast by not allowing the child a smartphone. But what happens inadvertently is the parent then can't protect--or know--the child in the same way anymore. Eventually, the child often stops respecting the parent because they see them as incompetent. What struck me about this was this: here else does kind of dynamic occur? Street gangs--or rather, the process of joining and becoming part of a gang. Kids who are neglected are ripe to join gangs because they get a sense of belonging as well as a sense of identity. The gang replaces the family, and becomes a driving force of behavior. I work with parents of teens every day, and they are extremely conflicted about taking screens away, even when I explain how screens might be impacting their teen's mood, attention, sleep, or behavior. And it is not just extreme cases where kids are being exposed to things like cutting, porn, sexting, gambling, or violence, or are visiting sites that encourage unhealthy ideas or actions. It happens all the time; all too often innocence is lost and the family unit is fractured.

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