

### Tech Generation: Raising Balanced Kids in a Hyper-Connected World by Mike Brooks

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## Tech Generation: Raising Balanced Kids in a Hyper-Connected World Book Content Preview:

Parents often worry about raising kids in a tech-saturated world - the threats of cyberbullying, video game violence, pornography, and sexting may seem inescapable. While these dangers exist, there is a much more insidious way that technology can cause harm. Our tendency to overuse our screens is interfering with our ability to meet our basic needs. These include sleep, physical activity, and perhaps most importantly, our in-person relationships. Tech Generation: Raising Balanced Kids in a Hyper-Connected World guides parents in teaching their children how to reap the benefits of living in a digital world while also preventing its negative effects. Dr. Mike Brooks and Dr. Jon Lasser, psychologists with extensive experience working with kids, parents, and teachers, combine cutting-edge research and expertise to create an engaging and helpful guide that emphasizes the importance of the parent-child relationship. They reject an all or nothing attitude towards technology, in favor of a balanced approach that neither idealizes nor demonizes the digital. Brooks and Lasser provide strategies for preventing technology from becoming problematic in the first place; steps for addressing problems when they arise; and ways of intervening when problems are out of control. They also discuss the increasingly challenging issue of technology use in schools, and how parents can collaborate with educators when concerns arise over kids' use of technology.

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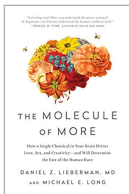
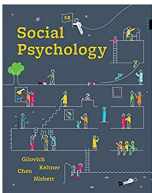
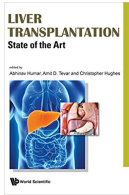
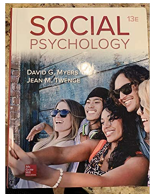
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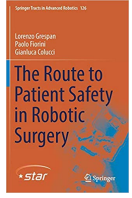
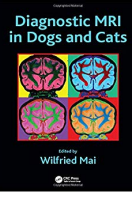
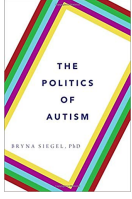
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