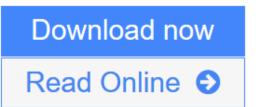# Tech Generation: Raising Balanced Kids in a Hyper-Connected World

Mike Brooks

Tech Generation: Raising Balanced Kids in a Hyper-Connected World

Mike Brooks

Tech Generation: Raising Balanced Kids in a Hyper-Connected World Mike Brooks
Parents often worry about raising kids in a tech-saturated world - the threats of cyberbullying, video game violence, pornography, and sexting may seem inescapable. And while these dangers exist, there is a much more common and subtle way that technology can cause harm: by eroding our attention spans. Focused attention is fundamental to maintaining quality relationships, but our constant interaction with screens and social media is shortening our attention spans - which takes a toll on our personal connections with friends and family and our ability to form real 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. Mike Brooks and 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.

Tech Generation: Raising Balanced Kids in a Hyper-Connected World Details

Date : Published August 1st 2018 by Oxford University Press, USA
ISBN : 9780190665296
Author : Mike Brooks
Format : Hardcover 328 pages
Genre : Parenting, Nonfiction, Science, Technology

Download and Read Free Online Tech Generation: Raising Balanced Kids in a Hyper-Connected World Mike Brooks

From Reader Review Tech Generation: Raising Balanced Kids in a Hyper-Connected World for online ebook

Cher says

This book was ok, but I think the authors did a "rush job." There was way too much repetition and poorly written explanations. To me, the chapter explaining the reasons that technology does not make us happier was the most helpful and interesting. If I had small children I probably would have been more interested in the parenting sections, which offered good suggestions but seemed somewhat lacking in depth. Pair this book with some of Nicholas Carr's work to get a good understanding of the proper role of technology in our lives

Amy says

This is a very helpful book for parents to navigate the bombardment of technology in our households. The authors do a great job of offering practical solutions and a system to put in place to use technology in positive ways while placing boundaries. The book is especially relevant for parents of young children to get good habits and limits established early. I found the chapter about how our brains work and why we are sucked into checking social media and emails and playing games particularly fascinating. Some of our family took the Family Assessment of Screen Time survey, and I was surprised about my son's viewpoint of my screen time, so I actually became more conscientious about my own habits and changed them as well.

Alissa says

I had high hopes for this but it didn't live up. Short on practical too long on research- studies I'm already familiar with and a whole digression on relationships and authoritative parenting. I felt they never fully explained their green, yellow red levels. I got the most out of the FAQ at the end

Lauren Tomlinson says

I really appreciated the viewpoint of this book and the practical tips that it lays out. This book did not come down on the side of technology being a bad thing, instead, they focused on the balance and how it impacts relationships. I took pictures of several pages to serve as reference for later and I will be putting several limitations they suggest into practice in my home.

Jessica says

I agree with the reviewer Cher that this book felt like a rush job. I am giving it four stars because I was not reading it for the tech insights so much as some suggestions for how to manage technology with two tween sons. The title to me says "parenting" and not "social science." I felt like I got some helpful tips. The book also reassured me that the battles we have are repeated in homes across America and that we are not alone in

trying to balance tech and the rest of life. So, four stars as a parenting guide (maybe 3.5 if repetition annoys you) but only two stars if you are looking for insight into technology and how it affects our culture. For that, I suggest the work of Sherry Turkle.

Abbie Joiner says

this was both enjoyable and IMPORTANT!! LOVED IT, THANK YOU!