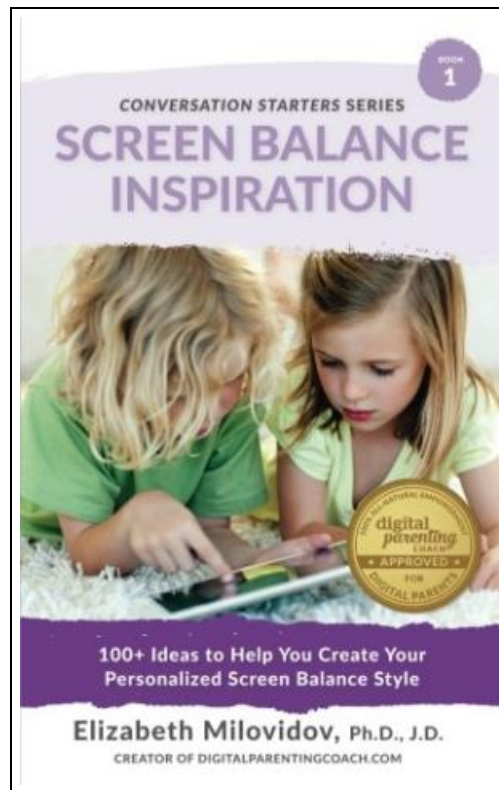


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Are you concerned about how much time your child spends in front of a screen? In this pioneering and practical book, Elizabeth Milovidov, lawyer and eSafety consultant, offers a new approach to achieving screen balance in your home by providing ideas and best practices for digital parents. As an independent expert for the Council of Europe, Dr. Milovidov works on the front line of digital parenting where she researches solutions on issues related to Internet, technology and social media. Added to this professional background, she is also the mother of two tech savvy little boys and has first-hand knowledge of the challenges of parenting in the digital age. Screen Balance Inspiration, is designed to provide you with ideas on balancing your family's screen time and device usage and you will: -Create a family log to chart your screen usage -Be able to identify problem time frames for your children -Identify best practices to create screen balance in your home -Find age-appropriate inspiration for children, tweens or teens -Receive tips on screen time and child development and a healthy childhood -Be inspired to create new activities for family time -Learn of online resources for further reading In today's high tech world, screen limits and screen balance are topics of concern as pediatricians, psychologists, child protection experts, academics and other professionals research and perform studies on the effects of screen time on our children. At this early stage in the game, the experts do not have all the answers, but all agree that moderation is key. Screen Balance Inspiration will help you find that moderation for your family.



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