

# Glow Kids How Screen Addiction Is Hijacking Our K

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**Disconnected** THOMAS J. KERSTING 2016-12-14 According to the latest research, the average 13-year-old spends 8 hours per day, seven days a week, glued to a screen. Yes, this is problematic but to every problem there is a solution. Kersting explores the devide-dependent world our children live in and how it is affecting their mental and emotional wellbeing. Research show that too much time in the cyber world is re-wiring kid's brains, affecting their ability to flourish in the real world as anxiety, depression, and attention issues soar. Simple strategies to help reduce screen-time as well as a host of meditative and mindfulness techniques to help our children reclaim their brains, and their lives, are provided.

**Is Your Child Addicted To Electronics?** Nathan Driskell 2017-06-21 Great, it happened again. You just got an alert from your credit card company that they have stopped a suspicious charge. Looking into it you find someone tried to charge the Xbox Store \$159.99. You don't need to ask who. Your son, John, store your credit card again to buy games. It's only the 3rd time he has done it this year. You ground him from electronics, and he just steals them. You try to place limits but find the fighting too much to bear. He yells and screams you are a terrible parent, that his friends get all the screen time they want. Electronics have taken over your child's life. What do you do now? Sadly, this scenario is more common than you think. Electronics addiction has quickly become one of the most common addictions. As this addiction is new, there are few resources available that can help your child and family. Fortunately, there is help. Nathan Driskell has created a 30-day plan to help parents learn how to gain control of their child's electronics and bring healing back to the family. In this book, you will learn why your child is addicted to electronics and what he gains from them. You will learn how to lock down your electronics so only you have complete access. You will learn how to reconnect with your child by learning better ways to communicate. Lastly, you will learn how to combat the fears and worries parents feel over electronics addiction. This book serves two purposes, for you, the parent to learn how to deal with this addiction, and how to balance your child's life with electronics. For your child and family, the future begins now.

**30 Day Blackout** Elizabeth Adams 2019-10-05 It's no secret that devices are designed to be addictive. If your kids spend more time looking at screens than making eye contact, they're not alone; they're in the majority. Screens have taken the place of connecting person-to-person, in real time. Countless children are experiencing depression, anxiety, listlessness, suicidal thoughts, aggression, hyperactivity -- things that threaten to steal the memories and experiences of a happy, joy-filled childhood. In 30 Day Blackout, Stacy Jagger, Licensed Marriage and Family Therapist (LMFT) and Registered Play Therapist (RPT), shares how she has helped hundreds of families turn off technology and turn on relationship. 30 Day Blackout is

your guide to helping your kids unplug from virtual reality and plug in to actual reality.

*Digital Cocaine (eBook)* Brad Huddleston 2016-01-15 What's the difference between half a line of cocaine and an hour playing a video game? Nothing, as far as your brain is concerned. What can you do to be effective at multi-tasking? Nothing, as far as your brain is concerned. What do digital devices in the classroom contribute to focus and concentration? Nothing, as far as your brain is concerned. In DIGITAL COCAINE, Brad Huddleston will replace your confusion, hesitancy and fear as it relates to the digital world with the facts that can make you and your family safer and more secure from page one. Whether it's gaming, pornography, cyberbullying, or the decline in grades, you'll get a look inside your wonderful God-designed brain to understand how it interacts with the exploding world of digital communication and how you can keep your family safe. Your smartphone, tablet and computer can be powerful tools to help you ... or not. The choice is yours. DIGITAL COCAINE gives you the power to make that choice.

*The Art of Screen Time* Anya Kamenetz 2018-01-30 Finally: an evidence-based, reassuring guide to what to do about kids and screens, from video games to social media. Today's babies often make their debut on social media with the very first sonogram. They begin interacting with screens at around four months old. But is this good news or bad news? A wonderful opportunity to connect around the world? Or the first step in creating a generation of addled screen zombies? Many have been quick to declare this the dawn of a neurological and emotional crisis, but solid science on the subject is surprisingly hard to come by. In *The Art of Screen Time*, Anya Kamenetz -- an expert on education and technology, as well as a mother of two young children -- takes a refreshingly practical look at the subject. Surveying hundreds of fellow parents on their practices and ideas, and cutting through a thicket of inconclusive studies and overblown claims, she hones a simple message, a riff on Michael Pollan's well-known "food rules": Enjoy Screens. Not too much. Mostly with others. This brief but powerful dictum forms the backbone of a philosophy that will help parents moderate technology in their children's lives, curb their own anxiety, and create room for a happy, healthy family life with and without screens.

**Cyber Junkie** Kevin Roberts 2010-08-24 Recovering video game addict Kevin Roberts offers a step-by-step guide to recovery for those struggling with compulsive video gaming and Internet surfing. Recovering video game addict Kevin Roberts offers a step-by-step guide to recovery for those struggling with compulsive video gaming and internet surfing. Video gaming and Internet surfing are the top sources of entertainment for tens of millions of North Americans today. As these technologies continue to grow and flourish, so does the number of people becoming obsessively absorbed in the imagination and fantasy that they present. More and more people are isolating themselves, turning their backs on reality, ignoring family and friends, and losing their sleep and even their jobs due to excessive use of video games and the Internet--and they continue to do so despite harmful consequences to their mental, physical, and spiritual health, a telltale sign of addiction. In this groundbreaking book, recovering video game addict Kevin Roberts uses extensive scientific and social research, complemented by his and others' personal stories, to give compulsive gamers and surfers--and their family and friends--a step-by-step guide for recovery. He outlines the ways that "cyber junkies" exhibit the classic signs of addiction and reveals how they can successfully recover by following a program similar to those used for other addictions. Readers learn to identify whether they have an addiction, find the right resources to get individualized help, and regain a rewarding life away from the screen by learning new thoughts and behaviors that free them from the cravings that rule their lives. Included is a guide for parents for working with their addicted children.

**The Happy Kid Handbook** Katie Hurley 2015-10-20 With all the parenting information out there and the constant pressure to be the "perfect" parent, it seems as if many parents have lost track of one very

important piece of the parenting puzzle: raising happy kids. Parenting today has gotten far too complicated. It's never been the easiest job in the world, but with all the "parenting advice" parents are met with at every corner, it's hard not to become bewildered. It seems that in the past it was a good deal simpler. You made sure there was dinner on the table and the kids got to school on time and no one set anything on fire, and you called it a success. But today everybody has a different method for dealing with the madness--attachment parenting, free-range parenting, mindful parenting. And who is to say one is more right or better than another? How do you choose? The truth is that whatever drumbeat you march to, all parents would agree that we just want our kids to be happy. It seems like a no-brainer, right? But in the face of all the many parenting theories out there, happiness feels like it has become incidental. That's where *The Happy Kid Handbook* by child and adolescent psychotherapist and parenting expert Katie Hurley comes in. She shows parents how happiness is the key to raising confident, capable children. It's not about giving in every time your child wants something so they won't feel bad when you say no, or making sure that they're taking that art class, and the ballet class, and the soccer class (to help with their creativity and their coordination and all that excess energy). Happiness is about parenting the individual, because not every child is the same, and not every child will respond to parenting the same way. By exploring the differences among introverts, extroverts, and everything in between, this definitive guide to parenting offers parents the specific strategies they need to meet their child exactly where he or she needs to be met from a social-emotional perspective. A back-to-basics guide to parenting, *The Happy Kid Handbook* is a must-have for any parent hoping to be the best parent they can be.

[Unplug: Raising Kids In a Technology Addicted World](#) Lisa K. Strohman, J.D., Ph.D. 2015-07-23 "The first step is admitting you have a problem. Packed with effective strategies to rein in technology addiction, *Unplug* provides empowering hope to anyone who fears technology is compromising our children or consuming our lives." - Dr. Susan Wilder, MD, Founder of LifeScape Medical Associates. "It's a whole new world. As someone that has spent 23 years in law enforcement investigating some of the most horrific crimes perpetrated by the users of new technology, I found this book to be an invaluable reference for parents raising children in today's complex digital environment." - Joe LeDuc, Police Lieutenant and former investigative supervisor for Internet crimes against children

[Nutritional Aspects of Mental Health](#) Igor Tabrizian 2014-06-16

[The Screen Strong Solution](#) Melanie Hempe 2019-05-16 Yesterday, our kids were dressing up in princess costumes and tracking mud in the house. Today, they are lost in a virtual world, obsessed with video games, social media, and smartphones. As a result, kids are getting hurt. They have become more stressed, anxious, and depressed. And families are being pulled apart. But it's not too late to win back your kids. In "*The Screen Strong Solution*," you will learn how to free your child from screen addiction and obsession. Based on scientific research and authentic experiences, Melanie Hempe, RN by trade and mother of four, lays out the step-by-step game plan you'll need to reclaim your kids and reconnect your family. You'll learn why your child craves screen time, what building blocks are necessary for healthy development, how to nurture the most important relationships in your child's life, and how to replace the digital world with the real one. Today is the day to rethink the screens in your home, reclaim your kids, and reconnect your family.

*For the Sake of Our Youth* Tessa Stuckey 2020-04-28 Preparing for the Storm In *For the Sake of Our Youth*, licensed professional counselor, mother to four boys, and first-time author Tessa Stuckey shares what she has learned about today's youth and the struggles they face in our current culture. Through her work, Tessa has become well versed in depression, anxiety, and suicidal thoughts in young people, and

she believes that suicidal ideation among children is on the rise. It has become a big cultural storm—a storm that we haven't prepared for. Tessa gives advice to parents on what to do in response to the dangers our children face growing up in today's world and shows them how to raise their children intentionally. Parents must make strong connections with their children and build resilience. Her goal is to save lives and raise awareness of this awful epidemic.

**Glow Kids** Nicholas Kardaras 2016-08-09 We've all seen them: kids hypnotically staring at glowing screens in restaurants, in playgrounds and in friends' houses—and the numbers are growing. Like a virtual scourge, the illuminated glowing faces—the Glow Kids—are multiplying. But at what cost? Is this just a harmless indulgence or fad like some sort of digital hula-hoop? Some say that glowing screens might even be good for kids—a form of interactive educational tool. Don't believe it. In *Glow Kids*, Dr. Nicholas Kardaras will examine how technology—more specifically, age-inappropriate screen tech, with all of its glowing ubiquity—has profoundly affected the brains of an entire generation. Brain imaging research is showing that stimulating glowing screens are as dopaminergic (dopamine activating) to the brain's pleasure center as sex. And a growing mountain of clinical research correlates screen tech with disorders like ADHD, addiction, anxiety, depression, increased aggression, and even psychosis. Most shocking of all, recent brain imaging studies conclusively show that excessive screen exposure can neurologically damage a young person's developing brain in the same way that cocaine addiction can. Kardaras will dive into the sociological, psychological, cultural, and economic factors involved in the global tech epidemic with one major goal: to explore the effect all of our wonderful shiny new technology is having on kids. *Glow Kids* also includes an opt-out letter and a "quiz" for parents in the back of the book.

*Lighting Their Fires* Rafe Esquith 2009-08-25 The New York Times bestselling author of *Teach Like Your Hair's on Fire* shares his proven methods for creating compassionate children. During twenty-five years of teaching at Hobart Elementary School in inner city Los Angeles, Rafe Esquith has helped thousands of children maximize their potential—and became the only teacher in history to receive the president's National Medal of Arts. In *Lighting Their Fires*, Esquith translates the inspiring methods from *Teach Like Your Hair's on Fire* for parents. Using lessons framed by a class trip to a Dodgers game, he moves in through concepts that explain how to teach children to be thoughtful and honorable people—as well as successful students—and to have fun in the process.

*Mindful Parenting* Kristen Race 2014-01-07 An expert in child, family and school psychology and the founder of Mindful Life presents a revolutionary approach to parenting that, rooted in the science of the brain and integrating cognitive neuroscience and child development, helps children feel happier, healthier, less anxious and less stressed. Original.

*Digital Madness* Nicholas Kardaras 2022-09-13 From the author of the provocative and influential *Glow Kids*, *Digital Madness* explores how we've become mad for our devices as our devices are driving us mad, as revolutionary research reveals technology's damaging effect on mental illness and suicide rates—and offers a way out. Dr. Nicholas Kardaras is at the forefront of psychologists sounding the alarm about the impact of excessive technology on younger brains. In *Glow Kids*, he described what screen time does to children, calling it “digital heroin”. Now, in *Digital Madness*, Dr. Kardaras turns his attention to our teens and young adults and looks at the mental health impact of tech addiction and corrosive social media. In *Digital Madness*, Dr. Kardaras answers the question of why young people's mental health is deteriorating as we become a more technologically advanced society. While enthralled with shiny devices and immersed in Instagram, TikTok, Twitter, Facebook and Snapchat, our young people are struggling with record rates of depression, loneliness, anxiety, overdoses and suicide. What's driving this mental health

epidemic? Our immersion in toxic social media has created polarizing extremes of emotion and addictive dependency, while also acting as a toxic "digital social contagion", spreading a variety of psychiatric disorders. The algorithm-fueled polarity of social media also shapes the brain's architecture into inherently pathological and reactive "black and white" thinking—toxic for politics and society, but also symptomatic of several mental disorders. Digital Madness also examines how the profit-driven titans of Big Tech have created our unhealthy tech-dependent lifestyle: sedentary, screen-staring, addicted, depressed, isolated and empty—all in the pursuit of increased engagement, data mining and monetization. But there is a solution. Dr. Kardaras offers a path out of our crisis, using examples from classical philosophy that encourage resilience, critical thinking and the pursuit of sanity-sustaining purpose in people's lives. Digital Madness is a crucial book for parents, educators, therapists, public health professionals, and policymakers who are searching for ways to restore our young people's mental and physical health.

The Tangled Web We Weave James Ball 2020-10-06 We all see what the internet does and increasingly don't like it, but do we know how and more importantly who makes it work that way? That's where the real power lays... The internet was supposed to be a thing of revolutions. As that dream curdles, there is no shortage of villains to blame--from tech giants to Russian bot farms. But what if the problem is not an issue of bad actors ruining a good thing? What if the hazards of the internet are built into the system itself? That's what journalist James Ball argues as he takes us to the root of the problem, from the very establishment of the internet's earliest protocols to the cables that wire it together. He shows us how the seemingly abstract and pervasive phenomenon is built on a very real set of materials and rules that are owned, financed, designed and regulated by very real people. In this urgent and necessary book, Ball reveals that the internet is not a neutral force but a massive infrastructure that reflects the society that created it. And making it work for--and not against--us must be an endeavor of the people as well.

Video Games & Your Kids Hilarie Cash 2008 Video Games & Your Kids is for parents who are worried that their children may be spending too much time playing video games. Based on research and the authors' clinical experience, the book explains what gaming addiction is, how much gaming is too much, and the affects gaming has on the body and brain. The authors give gaming advice on each stage of life; birth-2 years, ages 2-6, elementary school years, adolescence, and adult children still living at home. Where there is a problem, the authors provide parents with tools that will help the them successfully set appropriate limits for their children.

Mind Change Susan Greenfield 2015-02-10 We live in a world unimaginable only decades ago: a domain of backlit screens, instant information, and vibrant experiences that can outcompete dreary reality. Our brave new technologies offer incredible opportunities for work and play. But at what price? Now renowned neuroscientist Susan Greenfield—known in the United Kingdom for challenging entrenched conventional views—brings together a range of scientific studies, news events, and cultural criticism to create an incisive snapshot of "the global now." Disputing the assumption that our technologies are harmless tools, Greenfield explores whether incessant exposure to social media sites, search engines, and videogames is capable of rewiring our brains, and whether the minds of people born before and after the advent of the Internet differ. Stressing the impact on Digital Natives—those who've never known a world without the Internet—Greenfield exposes how neuronal networking may be affected by unprecedented bombardments of audiovisual stimuli, how gaming can shape a chemical landscape in the brain similar to that in gambling addicts, how surfing the Net risks placing a premium on information rather than on deep knowledge and understanding, and how excessive use of social networking sites limits the maturation of empathy and identity. But Mind Change also delves into the potential benefits of our digital lifestyle. Sifting through the cocktail of not only threat but opportunity these technologies

afford, Greenfield explores how gaming enhances vision and motor control, how touch tablets aid students with developmental disabilities, and how political “clicktivism” foments positive change. In a world where adults spend ten hours a day online, and where tablets are the common means by which children learn and play, *Mind Change* reveals as never before the complex physiological, social, and cultural ramifications of living in the digital age. A book that will be to the Internet what *An Inconvenient Truth* was to global warming, *Mind Change* is provocative, alarming, and a call to action to ensure a future in which technology fosters—not frustrates—deep thinking, creativity, and true fulfillment. Praise for *Mind Change* “Greenfield’s application of the mismatch between human and machine to the brain introduces an important variation on this pervasive view of technology. . . . She has a rare talent for explaining science in accessible prose.”—*The Washington Post* “Greenfield’s focus is on bringing to light the implications of Internet-induced ‘mind change’—as comparably multifaceted as the issue of climate change, she argues, and just as important.”—*Chicago Tribune* “*Mind Change* is exceedingly well organized and hits the right balance between academic and provocative.”—*Booklist* “[A] challenging, stimulating perspective from an informed neuroscientist on a complex, fast-moving, hugely consequential field.”—*Kirkus Reviews* “[Greenfield] is not just an engaging communicator but a thoughtful, responsible scientist, and the arguments she makes are well-supported and persuasive.”—*Mail on Sunday* “Greenfield’s admirable goal to prove an empirical basis for discussion is . . . an important one.”—*Financial Times* “An important presentation of an uncomfortable minority position.”—Jaron Lanier, *Nature*

*Wired Child* Richard Freed 2015-03-12 Science is confirming what your heart tells you: In this digital age, our kids need a healthy, family-centered childhood more than ever. As technology ushers in dramatic changes to our lives, the most important contributor to children's well-being is still their connection to family and school. But this connection is threatened by the addictive allure of today's flashy devices. *Wired Child* cuts through destructive tech myths and gives you practical strategies to build a strong family and foster kids' school success. You'll also learn how to protect children and teens from video game/Internet addiction and help them understand that technology is primarily a tool rather than a toy. This empowering book will give you the confidence to provide your child a loving and rewarding childhood in a digital age.

*Glow Kids* Nicholas Kardaras 2017-09-26 We've all seen them: kids hypnotically staring at glowing screens in restaurants, in playgrounds and in friends' houses--and the numbers are growing. Like a virtual scourge, the illuminated glowing faces--the Glow Kids--are multiplying. But at what cost? Is this just a harmless indulgence or fad like some sort of digital hula-hoop? Some say that glowing screens might even be good for kids--a form of interactive educational tool. Don't believe it. In *Glow Kids*, Dr. Nicholas Kardaras will examine how technology--more specifically, age-inappropriate screen tech, with all of its glowing ubiquity--has profoundly affected the brains of an entire generation. Brain imaging research is showing that stimulating glowing screens are as dopaminergic (dopamine activating) to the brain's pleasure center as sex. And a growing mountain of clinical research correlates screen tech with disorders like ADHD, addiction, anxiety, depression, increased aggression, and even psychosis. Most shocking of all, recent brain imaging studies conclusively show that excessive screen exposure can neurologically damage a young person's developing brain in the same way that cocaine addiction can. Kardaras will dive into the sociological, psychological, cultural, and economic factors involved in the global tech epidemic with one major goal: to explore the effect all of our wonderful shiny new technology is having on kids. *Glow Kids* also includes an opt-out letter and a "quiz" for parents in the back of the book.

**Words Will Break Cement** Masha Gessen 2014-01-08 From National Book Award winner Masha Gessen, the heroic story of Pussy Riot, who resurrected the power of truth in a society built on lies. On

February 21, 2012, five young women entered the Cathedral of Christ the Savior in Moscow. In neon-colored dresses, tights, and balaclavas, they performed a “punk prayer” beseeching the “Mother of God” to “get rid of Putin.” They were quickly shut down by security, and in the weeks and months that followed, three of the women were arrested and tried, and two were sentenced to a remote prison colony. But the incident captured international headlines, and footage of it went viral. People across the globe recognized not only a fierce act of political confrontation but also an inspired work of art that, in a time and place saturated with lies, found a new way to speak the truth. Masha Gessen’s riveting account tells how such a phenomenon came about. Drawing on her exclusive, extensive access to the members of Pussy Riot and their families and associates, she reconstructs the fascinating personal journeys that transformed a group of young women into artists with a shared vision, gave them the courage and imagination to express it unforgettably, and endowed them with the strength to endure the devastating loneliness and isolation that have been the price of their triumph.

Raising Humans in a Digital World Diana Graber 2019-01-15 The Internet can be a scary, dangerous place especially for children. This book shows parents how to help digital kids navigate this environment. Sexting, cyberbullying, revenge porn, online predators...all of these potential threats can tempt parents to snatch the smartphone or tablet out of their children’s hands. While avoidance might eliminate the dangers, that approach also means your child misses out on technology’s many benefits and opportunities. In Raising Humans in a Digital World, digital literacy educator Diana Graber shows how children must learn to handle the digital space through: developing social-emotional skills balancing virtual and real life building safe and healthy relationships avoiding cyberbullies and online predators protecting personal information identifying and avoiding fake news and questionable content becoming positive role models and leaders Raising Humans in a Digital World is packed with at-home discussion topics and enjoyable activities that any busy family can slip into their daily routine. Full of practical tips grounded in academic research and hands-on experience, today’s parents finally have what they’ve been waiting for—a guide to raising digital kids who will become the positive and successful leaders our world desperately needs.

**There's No Such Thing as Bad Weather** Linda Åkeson McGurk 2017-10-03 Bringing Up Bébé meets Last Child in the Woods in this “fascinating exploration of the importance of the outdoors to childhood development” (Kirkus Reviews) from a Swedish-American mother who sets out to discover if the nature-centric parenting philosophy of her native Scandinavia holds the key to healthier, happier lives for her American children. Could the Scandinavian philosophy of “There’s no such thing as bad weather, only bad clothes” hold the key to happier, healthier lives for American children? When Swedish-born Linda Åkeson McGurk moved to Indiana, she quickly learned that the nature-centric parenting philosophies of her native Scandinavia were not the norm. In Sweden, children play outdoors year-round, regardless of the weather, and letting babies nap outside in freezing temperatures is common and recommended by physicians. Preschoolers spend their days climbing trees, catching frogs, and learning to compost, and environmental education is a key part of the public-school curriculum. In the US, McGurk found the playgrounds deserted, and preschoolers were getting drilled on academics with little time for free play in nature. And when a swimming outing at a nearby creek ended with a fine from a park officer, McGurk realized that the parenting philosophies of her native country and her adopted homeland were worlds apart. Struggling to decide what was best for her family, McGurk embarked on a six-month journey to Sweden with her two daughters to see how their lives would change in a place where spending time in nature is considered essential to a good childhood. Insightful and lively, There’s No Such Thing as Bad Weather is a fascinating personal narrative that illustrates how Scandinavian culture could hold the key to raising healthy, resilient, and confident children in America.

**Mindful Tech** David M. Levy 2016-01-28 From email to smart phones, and from social media to Google searches, digital technologies have transformed the way we learn, entertain ourselves, socialize, and work. Despite their usefulness, these technologies have often led to information overload, stress, and distraction. In recent years many of us have begun to look at the pluses and minuses of our online lives and to ask how we might more skillfully use the tools we've developed. David M. Levy, who has lived his life between the "fast world" of high tech and the "slow world" of contemplation, offers a welcome guide to being more relaxed, attentive, and emotionally balanced, and more effective, while online. In a series of exercises carefully designed to help readers observe and reflect on their own use, Levy has readers watch themselves closely while emailing and while multitasking, and also to experiment with unplugging for a specified period. Never prescriptive, the book opens up new avenues for self-inquiry and will allow readers—in the workplace, in the classroom, and in the privacy of their homes—to make meaningful and powerful changes.

*Glow Kids* Nicholas Kardaras 2019-08-14 Traditional Chinese edition of *Glow Kids: How Screen Addiction Is Hijacking Our Kids and How to Break the Trance*

*Who Do We Choose To Be?* Margaret J. Wheatley 2017-06-19 This book is born of my desire to summon us to be leaders for this time as things fall apart, to reclaim leadership as a noble profession that creates possibility and humaneness in the midst of increasing fear and turmoil. I know it is possible for leaders to use their power and influence, their insight and compassion, to lead people back to an understanding of who we are as human beings, to create the conditions for our basic human qualities of generosity, contribution, community and love to be evoked no matter what. I know it is possible to experience grace and joy in the midst of tragedy and loss. I know it is possible to create islands of sanity in the midst of wildly disruptive seas. I know it is possible because I have worked with leaders over many years in places that knew chaos and breakdown long before this moment. And I have studied enough history to know that such leaders always arise when they are most needed. Now it's our turn.

**Helping Your Child with Selective Mutism** Angela E. McHolm 2005-08-01 Often described as 'social phobia's cousin' and misdiagnosed as autism, selective mutism is a debilitating fear of speaking in some situations experienced by some children. The disorder usually presents in children before the age of five, but it may not be recognized until the child starts school. When requested to speak, children with selective mutism often look down, blush, or otherwise express anxiety that disrupts their engagement with people and activities. Selective mutism is related to social anxiety and social phobia, and more than 90 percent of children with selective mutism also manifest symptoms of one of these problems. This book is the first available for parents of children with selective mutism. It offers a broad overview of the condition and reviews the diagnostic criteria for the disorder. The book details a plan you can use to coordinate professional treatment of your child's disorder. It also explains the steps you can take on your own to encourage your child to speak comfortably in school and in his or her peer group. All of the book's strategies employ a gradual, 'stepladder' approach. The techniques gently encourage children to speak more, while at the same time helping them feel safe and supported. Angela E. McHolm, Ph.D., is director of the Selective Mutism Service at McMaster Children's Hospital in Hamilton, ON. The Selective Mutism Service offers outpatient psychiatric consultation to families and professionals such as school personnel, speech and language pathologists, and mental health clinicians who support children with selective mutism. She is assistant professor in the Department of Psychiatry and Behavioural Neurosciences in the Faculty of Health Sciences at McMaster University in Hamilton, ON.

*Clutterfree with Kids* Joshua Becker 2014-01-24 Children add joy, purpose, and meaning to our lives. They provide optimism, hope, and love. They bring smiles, laughter, and energy into our homes. They also add

clutter. As parents, balancing life and managing clutter may appear impossible—or at the very least, never-ending. But what if there was a better way to live? Clutterfree with Kids offers a new perspective and fresh approach to overcoming clutter. With helpful insights, the book serves as a valuable resource for parents. Through practical application and inspirational stories, Clutterfree with Kids invites us to change our thinking, discover new habits, and free our homes. It invites us to reevaluate our lives. And it just may inspire you to live the life you've been searching for all along.

**How Plato and Pythagoras Can Save Your Life** Nicholas Kardaras 2011-04-01 University professor, psychotherapist and recovering former nightclub owner Dr. Nicholas Kardaras presents a mind blowing, reality rocking, and life changing approach to Greek philosophy. Having once owned celebrity-studded NY nightclubs where he had mingled with the likes of JFK, Jr., Uma Thurman and Tom Cruise, Kardaras would emerge from that glamorous-yet-self-destructive world to discover the powerful and transformative teachings of his ancient ancestors. To his amazement, he learned that ancient Greek philosophy, contrary to popular misconceptions, was not a dry and academic pursuit, but a vibrant and holistic transformative practice. In *How Plato and Pythagoras Can Save You're your Life*, Dr. Kardaras breathes new life into those ancient teachings as he incorporates some of the most cutting edge advances in the fields of quantum mechanics and consciousness research to validate the insights and wisdom of the ancient Greek sages. As he guides readers through an array of contemplative practices designed to help them live a more meaningful life, Kardaras warns the reader to be prepared because they just might also "catch a glimpse of that trippy realm called Ultimate Reality".

Disconnected Thomas Kersting 2020-08-04 There's no denying the clear connection between overuse of devices--smartphones, computers, and video games--and the growing mental health crisis, especially in our children. Too much screen time has a real, measurable effect on kids' brains, self-esteem, emotional development, and social skills. We aren't controlling our devices anymore--they're controlling us. In *Disconnected*, psychotherapist and parenting expert Thomas Kersting offers a comprehensive look at how devices have altered the way our children grow up, behave, learn, and connect with their families and friends. Based on the latest studies on the connection between screen time and neuroplasticity, as well as the growing research on acquired ADHD and anxiety, *Disconnected* presents a better way to move forward. Kersting shares indispensable advice for parents on setting boundaries and engaging in concentration and mindfulness exercises. If you want to reclaim your family and reconnect with your kids, this hard-hitting yet hopeful book is the place to start.

**Reset Your Child's Brain** Victoria L. Dunckley, MD 2015-06-23 Increasing numbers of parents grapple with children who are acting out without obvious reason. Revved up and irritable, many of these children are diagnosed with ADHD, bipolar illness, autism, or other disorders but don't respond well to treatment. They are then medicated, often with poor results and unwanted side effects. Based on emerging scientific research and extensive clinical experience, integrative child psychiatrist Dr. Victoria Dunckley has pioneered a four-week program to treat the frequent underlying cause, Electronic Screen Syndrome (ESS). Dr. Dunckley has found that everyday use of interactive screen devices — such as computers, video games, smartphones, and tablets — can easily overstimulate a child's nervous system, triggering a variety of stubborn symptoms. In contrast, she's discovered that a strict, extended electronic fast single-handedly improves mood, focus, sleep, and behavior, regardless of the child's diagnosis. It also reduces the need for medication and renders other treatments more effective. Offered now in this book, this simple intervention can produce a life-changing shift in brain function and help your child get back on track — all without cost or medication. While no one in today's connected world can completely shun electronic stimuli, Dr. Dunckley provides hope for parents who feel that their child has been misdiagnosed or inappropriately medicated, by presenting an alternative explanation for their child's

difficulties and a concrete plan for treating them.

*Digital Kids* Martin L. Kutscher 2016-10-21 For many children and teens daily Internet use is the norm - but where should we draw the line when it comes to digital media usage? This handy book lays out the essential information needed to understand and prevent excessive Internet use that negatively impacts behaviour, education, family life, and even physical health. Martin L. Kutscher, MD analyses neurological, psychological and educational research and draws on his own experience to show when Internet use stops being a good thing and starts to become excessive. He shows how to spot digital addictions, and offers whole family approaches for limiting the harmful effects of too much screen time, such as helping kids to learn to control their own Internet use. He tackles diverse questions ranging from the effects of laptops in the classroom and reading on a digital screen, to whether violent videogames lead to aggression. The author also explains how ADHD and Autism Spectrum Disorder (ASD) can make you more susceptible to Internet addiction, suggesting practical strategies to suit these specific needs. Discussing both the good and bad aspects of the internet, this book tells you everything you need to know to help children and young people use the internet in a healthy, balanced way.

*Are You Smarter Than a Fifth Grader?* Michael Benson 2007-10-02 So you think you're smarter than a fifth grader? Well, as many contestants have already discovered on the smash hit TV show hosted by Jeff Foxworthy, you may have either forgotten more than you realize about "the three R's" or simply never learned in the first place! How much do you really know about third grade math? Fourth grade social studies? Fifth grade science? First grade spelling? You may have a high school diploma or a college degree hanging on your wall, but are you smarter than a fifth grader? You'll find out in this book, which includes brain-teasing ten-question quizzes (including million-dollar bonus questions) on information the average eleven-year-old is expected to know—plus there are great bits of fun and fascinating trivia sprinkled throughout. Go ahead—we dare you to prove you're as bright as that gum-chewing kid with the backpack who's waiting on the corner for that yellow bus every morning. School is back in session. And maybe you'll even learn a thing or two that you missed by not paying attention the first time around.

**Screen Schooled** Joe Clement 2017-10-01 As two veteran teachers who have taught thousands of students, Joe Clement and Matt Miles have seen firsthand how damaging technology overuse and misuse has been to our students. Rather than becoming better problem solvers, kids look to Google to answer their questions for them. Rather than deepening students' intellectual curiosity, educational technology is too often cumbersome and distracting, causing needless frustration and greatly extending homework time. Rather than becoming the great equalizer, electronic devices are widening the achievement gap. On a mission to educate and empower parents, Clement and Miles provide many real-world examples and cite multiple studies showing how technology use has created a wide range of cognitive and social deficits in our young people. They lift the veil on what's really going on at school: teachers who are powerless to curb cell phone distractions; zoned-out kids who act helpless and are unfocused, unprepared, and antisocial; administrators who are too-easily swayed by the pro-tech "science" sponsored by corporate technology purveyors. They provide action steps parents can take to demand change and make a compelling case for simpler, smarter, more effective forms of teaching and learning.

**Raising a Screen-Smart Kid** Julianna Miner 2019-07-23 For parents who didn't grow up with smartphones but can't let go of them now, expert advice on raising kids in our constantly connected world. Most kids get their first smartphone at the same time that they're experiencing major developmental changes. Making mistakes has always been a part of growing up, but how do parents help their kids navigate childhood and adolescence at a time when social media has the potential to magnify the consequences of those mistakes? Rather than spend all their time worrying about the worst-case

scenario, readers get a bigger-picture understanding of their kids' digital landscape. Drawing on research and interviews with educators, psychologists, and kids themselves, *Raising a Screen-Smart Kid* offers practical advice on how parents can help their kids avoid the pitfalls and reap the benefits of the digital age by: using social media to enhance connection with friends and family, instead of following strangers and celebrities, which is a predictor of loneliness and depression finding online support and community for conditions such as depression and eating disorders, while avoiding potential triggers such as #Thinspiration Pinterest boards learning and developing life skills through technology--for example, by problem-solving in online games--while avoiding inappropriate content Written by a public health expert and the creator of the popular blog Rants from Mommyland, this book shows parents how to help their kids navigate friendships, bullying, dating, self-esteem, and more online.

*How Full Is Your Bucket? For Kids* Mary Reckmeyer 2020-06-16 An illustrated adaptation of the long-running bestseller *How Full Is Your Bucket?* (more than 400,000 copies sold) for kids — told through the story of a boy who learns a valuable “bucket filling” metaphor and watches it come to life as the day unfolds. Every moment matters. Each of us has an invisible bucket. When our bucket is full, we feel great. When it’s empty, we feel awful. Yet most children (and many adults) don’t realize the importance of having a full bucket throughout the day. In *How Full Is Your Bucket? For Kids*, Felix begins to see how every interaction in a day either fills or empties his bucket. Felix then realizes that everything he says or does to other people fills or empties their buckets as well. Follow along with Felix as he learns how easy it can be to fill the buckets of his classmates, teachers and family members. Before the day is over, you’ll see how Felix learns to be a great bucket filler, and in the process, discovers that filling someone else’s bucket also fills his own.

**Screenwise** Devorah Heitner 2016-10-04 *Screenwise* offers a realistic and optimistic perspective on how to thoughtfully guide kids in the digital age. Many parents feel that their kids are addicted, detached, or distracted because of their digital devices. Media expert Devorah Heitner, however, believes that technology offers huge potential to our children-if parents help them. Using the foundation of their own values and experiences, parents and educators can learn about the digital world to help set kids up for a lifetime of success in a world fueled by technology. *Screenwise* is a guide to understanding more about what it is like for children to grow up with technology, and to recognizing the special challenges-and advantages-that contemporary kids and teens experience thanks to this level of connection. In it, Heitner presents practical parenting "hacks": quick ideas that you can implement today that will help you understand and relate to your digital native. The book will empower parents to recognize that the wisdom that they have gained throughout their lives is a relevant and urgently needed supplement to their kid's digital savvy, and help them develop skills for managing the new challenges of parenting. Based on real-life stories from other parents and Heitner's wealth of knowledge on the subject, *Screenwise* teaches parents what they need to know in order to raise responsible digital citizens.

*Glow Kids* Nicholas Kardaras 2016-08-09 "In *Glow Kids*, Dr. Nicholas Kardaras will examine how technology-- more specifically, age-inappropriate screen tech, with all of its glowing ubiquity-- has profoundly affected the brains of an entire generation. Brain imaging research is showing that stimulating glowing screens are as dopaminergic (dopamine activating) to the brain's pleasure center as sex. And a growing mountain of clinical research correlates screen tech with disorders like ADHD, addiction, anxiety, depression, increased aggression, and even psychosis. Most shocking of all, recent brain imaging studies conclusively show that excessive screen exposure can neurologically damage a young person's developing brain in the same way that cocaine addiction can"--

*Slay Like a Mother* Katherine Wintsch 2019-03-19 "Slay Like a Mother is a feisty, clever, and fun blueprint

Downloaded from [avenza-dev.avenza.com](https://avenza-dev.avenza.com)  
on October 5, 2022 by guest

for modern motherhood that belongs on every book shelf and in every diaper bag...As a woman and mother, you'll gain a newfound power, happiness, and ability to leap tall Lego buildings in a single bound."—Erin Falconer, author of *How To Get Sh\*t Done: Why Women Need to Stop Doing Everything So They Can Achieve Anything* A revelatory, inspirational guide for mothers to crush their "never enough" mentality and slay every day! Katherine Wintsch knows firsthand the self-doubt that rages inside modern moms. As founder and CEO of The Mom Complex, she has studied the passions and pain points of moms worldwide to help some of the largest brands develop innovative new products and services. As a working mom of two, she was running in an exhausting cycle of "never enough"—not strong enough, not thin enough, not patient enough, not "mom" enough. In *Slay Like a Mother*, you'll laugh, you'll cry, and you'll discover eye-opening lessons about: THE MASK YOU'RE WEARING. The one you hide behind when you say everything is "just fine" when it's not. YOUR UNREALISTIC EXPECTATIONS. The goal-setting tactics you're deploying to get ahead could be what's holding you back. THE DIFFERENCE BETWEEN STRUGGLING AND SUFFERING. Being a mother is a struggle — it always has been — but your suffering is optional. Brave, supportive, and insightful, the stories and advice in this book will encourage you to live more confidently, enjoy the present, and become your best self — as a woman, a mother, and beyond. Perfect for fans of *Girl Wash Your Face* and #IMomSoHard! \*\*\*As featured in *The Wall Street Journal* and *Parade.com*\*\*\* Additional Praise for *Slay Like a Mother*: "Wintsch's style is brisk and forthright with enough humor to make readers laugh even as she illuminates dark corners. Although this is aimed at moms, any woman will find this enlightening and encouraging."—Booklist, STARRED review "Slay Like a Mother is much more than a self-help book for women; it is the end of self-doubt and the beginning of self-love... and that is nothing short of life-changing"—Rachel Macy Stafford, *New York Times* bestselling author of *Hands Free Mama*

Demonized Jonathan Davis 2020-08-25 -----This is a book about music. -----