

Unplug Your Kids A Parents Guide To Raising Happy Active And Well Adjusted Children In The Digital Age Paperback Common

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TV, Surfing, IMing, Text Messaging, Video Games, and iPods - Kids today are plugged in to so much, so much of the time it's hard to keep track. But parents do know this much: It's too much, already!In "Unplug your Kids", parent and scholar David Dutwin, Ph.D., shows parents everywhere how to cut the digital cord and free their children to play and learn the old-fashioned way - actively!

[Unplug Your Kids: A Parent's Guide to Raising Happy...](#)

Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age eBook: David Dutwin: Amazon.co.uk: Kindle Store

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It includes information on ratings and how to use these to your advantage as a parents, as well as use of a V-chip and internet filters. I feel the title of the book is a bit misleading. I thought it would be more about truly unplugging your kids for good, but the author is a realist.

[Unplug Your Kids: A Parent's Guide to Raising Happy...](#)

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We know we ' re supposed to, but I think most of are struggling with how to unplug our kids from those screens. Look, I know I ' m not supposed to let my two-year-old daughter around an I-Pad, smartphone, or TV screen, but I also know that sometimes at 6pm, I need to cook dinner and she ' s screaming “ Sofia. ”

[How to Unplug your Kids: 8 Strategies : Play your Way Sane](#)

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Take time to unplug from the digital world and connect your kids to the physical one. Sure. Roll your eyes. One hour is just two “ Sponge Bob ” episodes. However, watching videos is just one way kids are captivated by their screens. Kids ages 8 – 12 average 4 hours and 44 minutes engaged with phones and monitors while teens average 7 hours and 22 minutes. Nearly 8 hours? This is like a full-day work schedule!

[Unplug Your Kids with Outside Activities – TreeRush...](#)

Unplug Your Kids. 1,131 likes. Happily living a TV-free life with children: not only is it possible but it can even be fun! Check out [www.unplugyourkids.com](#) for more.

[Unplug Your Kids – Home | Facebook](#)

With kids and adults spending more and more time on their screens, technology is coming in the way of quality family time. Experts offer simple tips to unplug and reconnect.

[5 Easy Ways to Unplug From Technology as a Family | Parents](#)

Because kids are spending about half the time outside that their parents did. A study from the U.K. ' s National Trust found that children are playing outside an average of just over four hours a week — compared to the 8.2 hours their parents spent outside when they were kids. The change starts with parents.

[400 Reasons to Unplug and Get Outside – Fatherly | Fatherly](#)

Reasons Why You Should Unplug Your Kids From Technology By. Katherine Lee. facebook; ... Unless your child is using a tablet or

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computer to read a book or article, time on the screen is the time that could be spent reading. ... Time with family is one of the things that take a major hit when kids and parents allow the tech to take over their ...

~~Reasons Why You Should Unplug Your Kids From Technology~~

Unplug With Your Child. The average child spends five hours a day “ plugged in ” to a television, computer or video game for entertainment. In the course of a year, that can mean they ’ re spending more time in front of a screen than they are in school! ... computer or game console is a child NOT talking with their parents, studying for a ...

~~Unplug With Your Child – SCAN of Northern Virginia~~

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Don ’ t let the summer pass your kids by. Here are 6 ways to get the kiddos to unplug: 1. Be a role model. If we are on the screen frequently, even if its mainly for work, our kids pick up on that and adopt your habits. Setting limits on their screen time doesn ’ t hold much weight if you don ’ t practice what you preach. 2. Set time limits

~~How To Get Your Kids To Unplug And Enjoy The Now~~

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How To Unplug Your Child. 07/27/2011 11:55am EDT | Updated August 31, 2011. Created with Sketch. Created with Sketch. ... parents can take their kids to the local library to pick out a book and read it together there," Wickstrom says. "Many libraries have special rooms just for children that are filled with toys and sometimes a stage with props ...

~~Go Outside And Play! How To Unplug Your Child | HuffPost Life~~

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TV. Web Surfing. IMing. Text Messaging. Video Games. iPods. Kids today are plugged into so much, so much of the time, it ’ s hard to keep track. But parents do know this much: It ’ s too much, already! In this book, parent and scholar David Dutwin, Ph.D., shows parents everywhere how to cut the digital cord and free their children to play and learn the old-fashioned way - actively!

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These days, a lot of parents complain about how their kids tend to become too attached to their gadgets, and who can blame them? With just a smartphone and an internet connection, kids these days can spend hours just glued to their tiny screens, watching videos, reading stories online, or just checking their social media accounts.

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