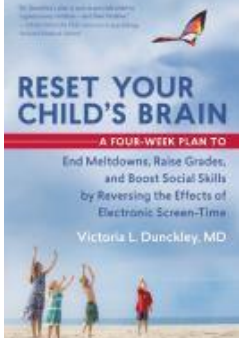# Raising Media-Wise Children in the Digital Age

Recommended Library Books

Book summaries are taken from the NLB catalogue and the respective publishing companies. Please check for the book availabilities via our online catalogue at http://www.nlb.gov.sg

Screen time: how electronic media-from baby videos to educational software - affects your young child
By: Lisa Guernsey
Publisher: New York : Basic Books, 2012, c2007
Call No.: 302.23083 GUE

Lisa Guernsey, reporter and mother of two daughters interviewed scores of parents, psychologists, cognitive scientists and media researchers as well as programming executives at Noggin, Disney, Nickelodeon, Sesame Workshop and PBS. From her research she concluded that new parents can focus on "the three C's": content, context and the individual child when they need to know how much screen time is beneficial for the individual child.

Future-proof your child: parenting the wired generation
By: Nikki Bush and Graeme Codrington
Publisher: Johannesburg, South Africa : Penguin Books, 2008
Call No.: 649.1 BUS -[FAM]

Future-proof your child tries to convince parents that a different approach is needed to parent the wired generation.With many useful practical hints and tips-making choices, having conversations and consciously connecting with the children who is often on an electronic device. This title will help you to create a framework for your parenting experience as you embark on the highly personal adventure of raising children who will thrive in the future.

Reset your child's brain: a four-week plan to end meltdowns, raise grades, and boost social skills by reversing the effects of electronics screentime
By: Victoria L. Dunckley, MD
Publisher: Novato, California : New World Library, 2015
Call No.: 004.678083 DUN -[COM]

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 symptoms. In this title, she explores how parents can regulate screen time in order to change children's behavior drastically. With a well regulated screen time, parents can expect an improvement in the child's social skills and grades.

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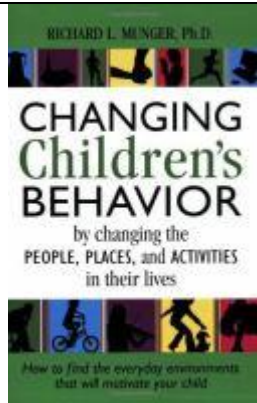
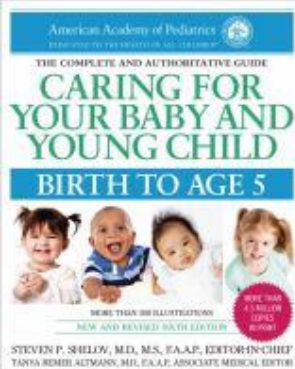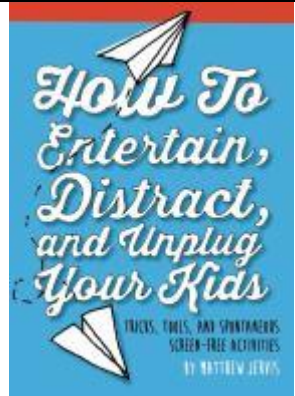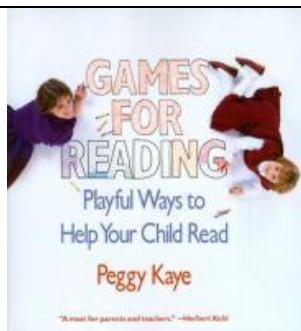|	
	Changing children's behavior by changing the people, places and activities in their lives By: Richard L. Munger Publisher: Boys Town, Neb. : Boys Town Press, c2005 Call No.: 649.64 MUN -[FAM] Mr. Munger makes the case that the environments in which a child lives, plays and studies are more important than personality in shaping a child's behavior. He identifies the ten behavior settings and the presence of engaging activities including the presence of activities with electronic devices which can impact a child's development.
	Kids online : opportunities and risks for children By: Sonia Livingstone and Leslie Haddon. Publisher: Bristol, UK : Policy Press, 2009 Call No.: 305.232 KLE As the internet and new online technologies are becoming embedded in everyday life, there are increasing questions about their social implications and consequences. The title explores the risks and opportunities that a child experiences by going online.
	Caring for your baby and young child By: Steven P. Shelov Publisher: New York : Bantam books, 2014 Call No.: 618.9201 CAR -[HEA] The most up-to-date, expert advice for mothers, fathers, and care providers from the American Academy of Pediatrics. The book focuses on many helpful, hands-on practical tips that help to care for a baby and a young child. Includes a new chapter on the effects of the exposure of media and technology on young children,
	How to entertain, distract, and unplug your kids! : tricks, tools, and spontaneous screen-free activities By: Matthew Jervis Publisher: New York, NY : Skyhorse Publishing, [2015] Call No.: 790.1922 JER A fun and practical guide which will help get kids off electronic devices like the iPad, phone or video games. As parents get busier, it becomes convenient to hand electronic devices to children to keep them self-entertained. This book recommends spontaneous activities that kids can do with or without a parent, leaving time for parents to do parent stuff like making dinner, reading the paper, or enjoying a glass of wine.
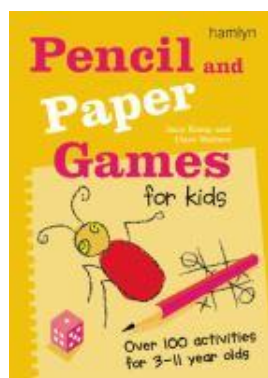
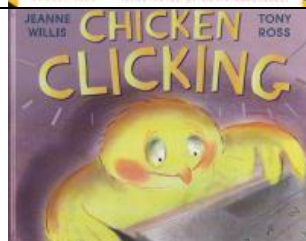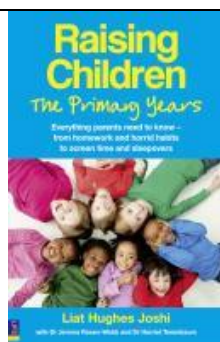|	
	Pencil and Paper Games for Kids: Over 100 activities for children 3-11 year olds By: Jane Kemp and Clare Walters Publisher: London: Hamlyn 2006 Call No.: 793.01922 KEM -[REC] Is there an alternative to expensive electronic toys and devices? This book shows us how kids aged 3 to 11 years old can have as much fun with a paper, pencil and a little imagination. The games can be played alone or with friends and family. Along with old favorites such as Tic-tac-toe and Battleships, there are drawing games and word games; tricks, jokes, and illusions; family games; and maps, mazes, and codes. Many of the games are educationally designed to teach language, math, and logic skills.
	Games for reading : playful ways to help your child read By: Peggy Kaye Publisher: New York: Pantheon Books, c1984 Call No.: 649.5 COH-[FAM] *Only available at Woodlands Regional Library and Jurong Regional Library Besides getting your child to play with video games, why not get them to read and have fun doing it at the same time? This book introduces rhyming games, mazes, puzzles and also games that require dramatic play. Easy to follow and easy to play, these games are ideal for busy, working parents. Games can be played on car trips, while doing the laundry, or while cooking. It's so much fun and children will learn to read playing these games.
	Be safe on the internet By: Bridget Heos Publisher: Mankato, MN : Amicus Illustrated, [2015] Call No.: JP 004.67 HEO Aidan tries to teach his curious puppy how to stay safe online. Children will learn how to protect themselves in the cyberspace through this story for preschoolers.
	Chicken Clicking By: Jeanne Willis Publisher: London : Andersen Press Ltd., 2014. Call No.: JP WIL Adapted from the tale of the Little Red Riding Hood, this story is perfect for teaching young children how to stay safe online. Read how Chick went out of control with her internet shopping spree and also met a "friend" online without telling her parents. She got into quite a bit of trouble when she realizes that her "friend" is actually a fox waiting to have her as a good meal.
	Raising children, the primary years : everything parents need to know--from homework and horrid habits to screen time and sleepovers By: Liat Hughes Joshi, Jemma Rosen-Webb, Harriet Tenenbaum Publisher: Harlow, England ; New York : Prentice Hall Life, 2011 Call No.: 649.124 JOS -[FAM] A good resource book for parents who have children going into primary schools. With expert knowledge, real-life experiences and enlightening research, the book includes tips, tricks and advice that will help parents know how to raise children going into primary schools. The book also includes a small but helpful segment about regulating screen time for young children.

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