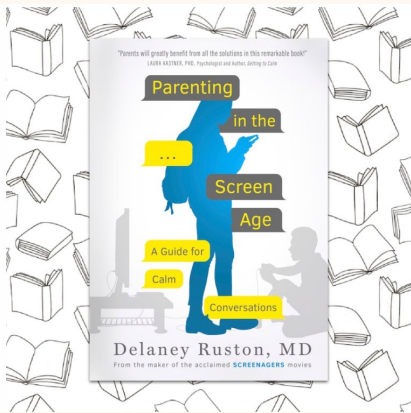


PARENTING IN THE SCREEN AGE

A Guide for Calm Conversations

by Dr. Delaney Ruston, MD

A warm, practical guide to help parents have calmer and more productive conversations with their children about technology — and its impact on health, happiness, and development.



- › Navigate screen time, gaming & social media disputes
- › Build open, trusting conversations — not battles
- › Understand the science behind kids and technology
- › Practical tips applicable to all areas of family life

WHAT READERS ARE SAYING

★★★★★

Delaney peppers each chapter with solutions — whether it was the importance of sleep or staying emotionally healthy in a tech environment that promotes anxiety and depression.

Larry Rosen, PhD
Professor of Psychology

★★★★★

A powerful and informative roadmap for navigating these critical conversations with our children. A must-have for all parents and educators.

Shannon Dishman
Head of School, Atlanta Academy

★★★★★

Dr. Ruston offers practical suggestions in a down-to-earth way that resonates for all readers. As a result, we have been on our screens less and talking more.

Katie Small
Parent



GET YOUR COPY TODAY

Scan the QR code or search on Amazon:

"Parenting in the Screen Age" by Delaney Ruston

Also available: Free preview at screenagersmovie.com/book-preview