

# Left to Their Own Devices?

Confident Parenting in a World of Screens

Katharine Hill



MuddyPearl



Today, questions surrounding technology, screen time, online school and parenting are very real, and even more so following the COVID-19 pandemic. Parents need answers!

Katharine Hill, author of *A Mind of Their Own*, explores the impact of the digital world on teenagers and

younger children, giving up-to-date practical advice on all the important issues. She addresses the impact of everything from screen time, social media, and gaming to more serious issues such as online bullying, grooming and pornography. This third edition, complete with up-to-the-minute research, has been comprehensively revised in the light of the pandemic, offering new content and fresh insight into how we can confront recent technological challenges and changes.

Whether you are cradling a newborn or riding the rollercoaster of the teenage years, a stranger to Snapchat or have two thousand followers on Twitter, this book is for mums and dads who not only want to 'cope' with bringing up children in the age of digital technology, but to be on the front foot - confidently parenting in a post-pandemic world of screens.

*"Skillfully and sensitively tackles a terribly thorny subject with razor-sharp insight and unremitting authenticity."*

**Dr Samantha Callan, family policy expert and parliamentary advisor to Lord Farmer**

## Author

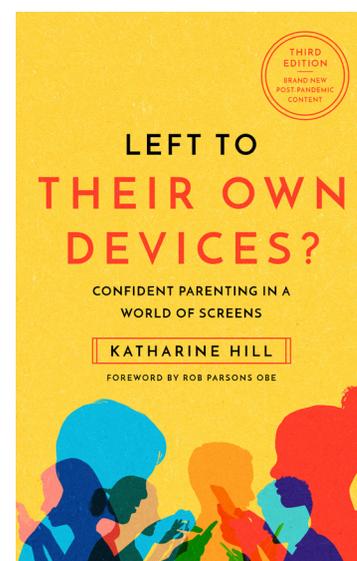
Katharine Hill LLB JP is the UK Director of Care for the Family, a popular author, speaker and broadcaster on family issues and is a regular contributor for The Huffington Post. She has practised as a family lawyer. Katharine is married to Richard, and they have four grown-up children and four grandchildren.

## Key Selling points

- Brand new research, statistics, stories and practical tips on how to parent well in the post-pandemic digital age
- Reflects the dramatic impact of COVID on our children's digital lives, including homeschooling on screens, surging social media use and increased online bullying
- Takes into account the way the pandemic has reshaped our use of digital devices as parents, including the blurring boundaries between work and home and advice on how to be good role models
- Includes information on the latest digital technology and apps, from monetised gaming to TikTok
- An up-to-date Appendix with the best websites and apps to facilitate healthy digital engagement
- Combines up-to-date analysis of the digital world with seasoned parenting advice from a trusted expert

## Readership

- Parents, grandparents and carers of children of all ages
- Parents struggling with media savvy-children
- Youth workers, teachers and other professionals working with children



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