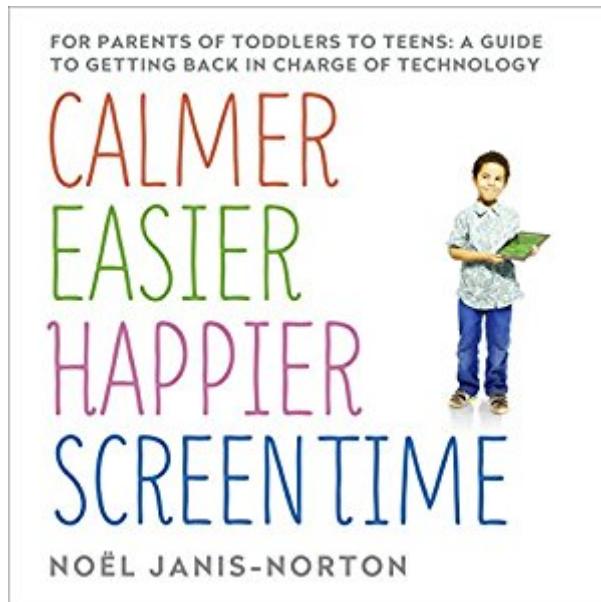


The book was found

# Calmer, Easier, Happier Screen Time: A Parent's Guide To Staying In Charge Of Technology From Toddlers To Teens



## Synopsis

Do you constantly find yourself battling to stop your kids from spending hours in front of a screen? Whether it's a TV, an iPad, a PC or a PlayStation, children are spending more and more time absorbed in the digital world, and for most parents it's a cause for concern. The most frequent question parenting expert Noel Janis-Norton is asked by desperate parents is how to limit and manage screen time. Parents know their children become aggressive and stressed after prolonged time on an electronic device, and they know that it limits their child's willingness to do other activities, yet they are at a loss of what to do about it. In *Calmer Easier Happier Screen Time*, Noel adapts her proven parenting strategies to this most complex of areas. Using the latest scientific research to show just how addictive the digital world can be for the developing brain of a child, she uses the calmer, easier, happier techniques to help parents wean their children away from their electronic devices and get back in charge.

## Book Information

Audible Audio Edition

Listening Length: 8 hours and 15 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Yellow Kite

Audible.com Release Date: February 25, 2016

Language: English

ASIN: B0184K28SE

Best Sellers Rank: #159 in Books > Parenting & Relationships > Babysitting, Day Care & Child Care #599 in Books > Audible Audiobooks > Nonfiction > Computers #2222 in Books > Audible Audiobooks > Health, Mind & Body > Family & Relationships

[Download to continue reading...](#)

Calmer, Easier, Happier Screen Time: A parent's guide to staying in charge of technology from toddlers to teens  
ToddlerCalm: A guide for calmer toddlers and happier parents  
Toddlers Tantrums: Understanding and Dealing With Toddlers Tantrums Effectively (Toddlers Tantrums, Parenting, Motherhood, Dealing with Tantrums, Discipline, ... Childrens Behaviour, Potty Training,) Simplicity Parenting: Using the Extraordinary Power of Less to Raise Calmer, Happier, and More Secure Kids  
Yoga Exercises for Teens: Developing a Calmer Mind and a Stronger Body (SmartFun Activity Books) 25 Short Pieces from "L'Organiste": Easier Piano Pieces 29 (Easier Piano Pieces (Abrsm))

Lyric Pieces, Op. 12 and Poetic Tone-pictures, Op. 3: Easier Piano Pieces 11 (Easier Piano Pieces (ABRSM)) Eighteen Little Preludes, Bwv 924-8, 930, 933-43 & 999: Easier Piano Pieces 18 (Easier Piano Pieces (ABRSM)) Itsy Bitsy Yoga for Toddlers and Preschoolers: 8-Minute Routines to Help Your Child Grow Smarter, Be Happier, and Behave Better Take Charge of Your Workers' Compensation Claim: An A to Z Guide for Injured Employees in California (Take Charge of Your Workers' Compensation Claim, 4th ed) Mad at Everything: How to Control Your Temper, Let Go of Anger, and Live a Happier Life: Your Guide to Anger Management, Controlling Your Frustration, and Living a Happier Life Lose Weight, Have More Energy and Be Happier in 10 Days: Take Charge of Your Health with the Master Cleanse Non Alcoholic Fatty Liver Disease Liver Cleanse Diet & Recipes: because a happier liver makes a happier life! Staying in Love Participant's Guide: Falling in Love Is Easy, Staying in Love Requires a Plan Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ ( Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers ) Freeing Your Child from Anxiety, Revised and Updated Edition: Practical Strategies to Overcome Fears, Worries, and Phobias and Be Prepared for Life--from Toddlers to Teens The Soul of Discipline: The Simplicity Parenting Approach to Warm, Firm, and Calm Guidance- From Toddlers to Teens How To Make A Silk Screen Printing Screen For \$3 Adaptations: From Text to Screen, Screen to Text Healthy Teens, Body and Soul: A Parent's Complete Guide

[Dmca](#)