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## Unplugging Your Children

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Learn how to manage the time your children spend in front of a screen! For a more peaceful family life!

Television, computers, tablets, video games, cell phones, social media... Since children use them all the time, most parents are confronted with "screen" issues at one point or another. This book provides parents with insightful information, which allows for a better understanding of issues involving screens (their impact on children, neuroscientific studies on the subject, etc.), and helps them to establish their own rules, according to their personal convictions and values.

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