BOOKS FROM FRANCE

Screens

10 Keys to Using them Wisely as a Family

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Ten proven and effective keys for preventing the abuse of screens and instead using them in constructive ways at home. Eighty-two percent of parents believe their children are addicted to screens. It's time to give them the keys to address this situation!

Wherever we look, screens are all around us. In the street, in shops, at home, at school... But are we aware of the impact they have on our children? For better or for worse, they are ubiquitous in the lives of children, from infants to teens, even when used in measured and systematic ways. This book contains insights and figures on the impact of screens on children's learning and brain development as well as 10 proven and effective keys to using screens at home constructively and without excess.

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