



Want to Learn More & Resources for a Tech Free Childhood

Child Development: Third Edition by; Douglas Davies

Louise Bates Ames series My X Year Old

The Art of Roughhousing by: Anthony T. DeBenedet

The Opposite of Worry by: Lawrence J. Cohen, PhD

Parenting from the Inside Out by: Dan Siegel, MD & Mary Hartzell, M.Ed

Glow Kids by: Nicholos Kardaras

Psychotherapy Networker, July/August 2019; Technoconflicts in Families Today

Unconditional Parenting by: Alfie Kohn

Boys Adrift by: Leonard Sax

Small Sampling of the Research:

Mathiak, K., & Weber, R. (2006). Toward brain correlates of natural behavior: fMRI during violent video games. *Human Brain Mapping, 27*(12), 948–956. doi: 10.1002/hbm.20234

Columbia University Medical Center. "This Is Your Brain On Violent Media." ScienceDaily. ScienceDaily, 10 December 2007.

Twenge, Jean M., et al. "Increases in Depressive Symptoms, Suicide-Related Outcomes, and Suicide Rates Among U.S. Adolescents After 2010 and Links to Increased New Media Screen Time." *Clinical Psychological Science*, vol. 6, no. 1, 2017, pp. 3–17., doi: 10.1177/2167702617723376.

Hutton, J., Dudley, J., Horowitz-Kraus, T., DeWitt, T. and Holland, S. (2019). Associations Between Screen-Based Media Use and Brain White Matter Integrity in Preschool-Aged Children. *JAMA Pediatrics*, p.e193869.