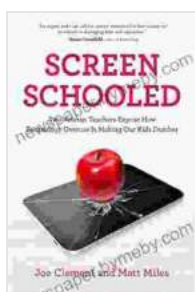# Two Veteran Teachers Expose How Technology Overuse Is Making Our Kids Dumber—and Offer Practical Solutions for Parents

In their new book, Two Veteran Teachers Expose How Technology Overuse Is Making Our Kids Dumber, authors Jennifer House and Ann Elise Bergen draw on their decades of experience in the classroom to provide a comprehensive look at the impact of technology on our children's cognitive, social, and emotional development.

House and Bergen argue that while technology can be a valuable tool for learning, it can also be a major distraction and impediment to our children's success. They cite research showing that excessive screen time can lead to problems with attention, memory, and problem-solving. It can also contribute to anxiety, depression, and sleep problems.

Screen Schooled: Two Veteran Teachers Expose How Technology Overuse Is Making Our Kids Dumber

by Joe Clement

★★★★☆ 4.7 out of 5

Language	: English
File size	: 1125 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 262 pages
Lending	: Enabled

The authors are not anti-technology. They believe that technology can be a powerful force for good in our children's lives. However, they also believe that it is important for parents to be aware of the potential risks of technology overuse and to take steps to limit their children's exposure to screens.

In the book, House and Bergen offer a number of practical tips for parents on how to reduce their children's screen time and promote their healthy development. These tips include:

- Setting limits on screen time

- Creating screen-free zones in the home

- Encouraging children to participate in active, offline activities

- Talking to children about the risks of technology overuse

The authors also provide a number of resources for parents who are struggling with their children's technology use. These resources include websites, books, and support groups.

Two Veteran Teachers Expose How Technology Overuse Is Making Our Kids Dumber is a must-read for parents who are concerned about the impact of technology on their children's lives. The book provides a wealth of research-based information and practical advice that can help parents make informed decisions about their children's technology use.
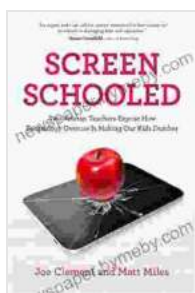
About the Authors

Jennifer House is a veteran teacher with over 20 years of experience in the classroom. She is the author of several books on education, including The Classroom Chef and The Organized Teacher.

Ann Elise Bergen is a veteran teacher with over 15 years of experience in the classroom. She is the author of several books on education, including The Essential Guide to RTI and The RTI Handbook.

Praise for Two Veteran Teachers Expose How Technology Overuse Is Making Our Kids Dumber

"This book is a must-read for parents who are concerned about the impact of technology on their children's lives. The authors provide a wealth of research-based information and practical advice that can help parents make informed decisions about their children's technology use." —Dr. Edward Hallowell, author of The ADHD Revolution

"Two Veteran Teachers Expose How Technology Overuse Is Making Our Kids Dumber is a timely and important book. The authors provide a clear and concise overview of the research on the impact of technology on children's development. They also offer a number of practical tips for parents who are struggling with their children's technology use." —Dr. Michael Gurian, author of The Wonder of Boys and The Wonder of Girls

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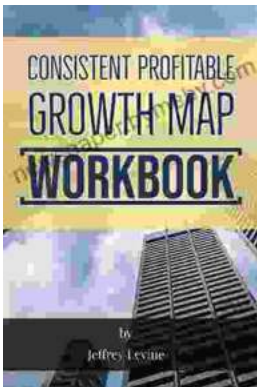
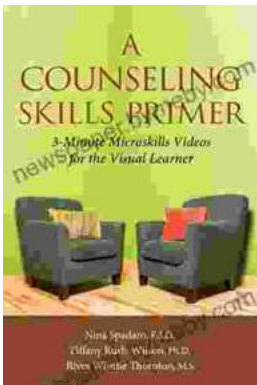|	
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