

Resources for Parents

Books and Articles

Demaray, Michelle K. & Brown, Christina F. "Prevent Cyberbullying: Suggestions for Parents". Communiqué: December, 2009.

Diamond, Marian & Hopson, Janet. *Magic Trees of the Mind: How to Nurture Your Child's Intelligence, Creativity, and Healthy Emotions from Birth Through Adolescence*. Plume, 1999.

- Explains how cutting edge scientific research shows that exposure to the right kind of environment during the first years of life actually affects the physical structure of a child's brain, vastly increasing the number of neuron branches--the "magic trees of the mind"--that help us to learn, think, and remember.

Greenfield, Patricia M. "Technology and Informal Education: What Is Taught, What Is Learned". *Science Magazine*: Vol. 323, January 2, 2009.

Healy, Jane M. *Failure to Connect: How Computers Affect Our Children's Minds -- and What We Can Do About It*. Simon & Schuster, 1999.

- An educator and consultant, Jane Healy presents positive examples of how computers can enhance young students' education (citing, for example, the Internet's value as a research tool and the use of software to assist children with learning disabilities), but she also raises concerns about the overuse of computers in the home.

Lewin, Tamar. "If Your Kids Are Awake, They're Probably Online". New York Times: January 20, 2010.

Postman, Neil. *Amusing Ourselves to Death: Public Discourse in the Age of Show Business*. Penguin, 1985.

- A thought-provoking critique of television and what it is doing to us. Postman's theme is the decline of the printed word and the ascendancy of television, with its tendency to present everything as a form of entertainment.

------. *The Disappearance of Childhood*. Delacorte Press, 1982.

- Cultural critic Neil Postman examines the embattled nature of childhood in contemporary American culture

Stone, Brad. "The Children of Cyberspace: Old Fogies by Their 20s". New York Times: January 9, 2010

Winn, Marie. *The Plug-In Drug: Television, Computers, and Family Life*. Penguin, 2002.

- How does the passive act of watching television and other electronic media – regardless of their content – affect a developing child's relationship to the real world? Focusing on this crucial question, Marie Winn takes a compelling look at television's impact on children and the family.

Websites

About.com: “Practical Ways to Limit Screen Time”.

<http://singleparents.about.com/od/parenting/ss/limitscreentime.htm>

American Academy of Pediatrics: “Policy Statement: Children, Adolescents, and Television”.

<http://aappolicy.aappublications.org/cgi/content/full/pediatrics;107/2/423>

(Includes the recommendation to limit screen time to 1 to 2 hours per day.)

Common Sense Media: “Internet Safety”.

<http://www.commonsensemedia.org/internet-safety>

Common Sense Media: “Community Discussion.”

<http://www.commonsensemedia.org/how-do-you-manage>

(A rich source of parenting information and advice, related to kids, technology and media.)

Educational Software Rating Board (ESRB)

<http://www.esrb.org/>

(Provides parents with ratings for computer games.)

Kidshealth.org: “Healthy Habits for TV, Video Games, and the Internet”.

http://kidshealth.org/parent/positive/family/tv_habits.html

Mediawise.org: “Effects of Video Game Playing on Children”.

http://www.mediafamily.org/facts/facts_effect.shtml

Net Nanny

<http://www.netnanny.com/>

(An internet filter program that blocks websites that are not suitable for children.)

Packer’s Techknowledgebase Wiki: How to set up parental controls on Mac OS X:

[http://grade5parent.wiki.packer.edu/#Laptops and Grade 5--Apple's Parental Controls](http://grade5parent.wiki.packer.edu/#Laptops%20and%20Grade%205--Apple's%20Parental%20Controls)

Wikihow.com: “How to Stop Your Child’s Computer Addiction”.

<http://www.wikihow.com/Stop-Your-Child's-Computer-Addiction>