

## “Enjoy screens. Not too much. Mostly with others.”

Dear Editor/Reviewer/Producer:

This brief but powerful dictum forms the backbone of Anya Kamenetz’s philosophy in **THE ART OF SCREEN TIME: How Your Family Can Balance Digital Media and Real Life (on sale January 30, 2018)**. Kamenetz—National Public Radio reporter, author, and mother of two young children—delivers a deeply-researched, honest, and refreshing view on managing the role of technology in kids’ lives. Here she offers a way that will help parents survive the ubiquity of technology, curb their panic, and create room for a happy, healthy family life.

The newest generation of children is exposed to more technology than any previous generation. They are photographed with smartphones from the moment they’re born, and begin interacting with screens at around four months old. Researchers have been quick to declare this the dawn of a neurological and emotional crisis, but solid science on the subject is surprisingly hard to come by. The truth is there’s no road map for navigating this territory.

Kamenetz candidly addresses her own parental worries and tackles them head on by surveying hundreds of fellow parents on their practices and ideas and cutting through a thicket of inconclusive studies and overblown claims. Most importantly, she discovers that the crucial questions of digital parenting aren’t only about our kids. They’re about *our* use of digital media, too. Are you embraced by the virtual village or menaced by the cyber mob? Is the phone a magical work-life balancer or a constantly bleeping attention-sucker? Is it a babysitter or source of fun, wonder and excitement for the entire family? In **THE ART OF SCREEN TIME** she urges parents to discover the joy of screen time *with* their kids by considering it to be an ever-evolving practice.

This is the book Kamenetz wishes she’d had when her firstborn arrived: a clear and nonjudgmental take on an issue that faces nearly every parent today. With this book she offers just that—a resource to help us navigate the rocky shoals between Fear and Hype and untangle the growing role of digital media in both our family lives, and our individual lives, period.

Thank you for considering this down-to-earth, constructive new book on parenting in the digital age.

Sincerely,



Brooke Parsons

## Advance Praise for THE ART OF SCREEN TIME

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“Kamenetz cuts through the rumor, hysteria, and guilt to create a lucid and reliable source of honest and clear advice around children’s relationships with the digital world.”—**Jessica Lahey, bestselling author of *The Gift of Failure***

“Blending scholarly evidence and the experiences of numerous families, “The Art of Screen Time” is a well-researched and reassuring guide to raising kids in a world where technology is everywhere.” —**danah boyd, author of *It’s Complicated: The Social Lives of Networked Teens***

## Praise for THE TEST

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“Anya Kamenetz’s *The Test* is a fearless exposé of how testing permeates our schools, our homes, even kids’ psyches. People will be talking about this important, provocative book for years to come.”

—**Ashley Merryman, co-author of *NurtureShock: New Thinking About Children and Top Dog: The Science of Winning and Losing***

“The [anti-testing] movement now has a guidebook.... Its publication could hardly have been better timed.... to characterize it as simply a polemic would be to overlook the sophistication of Kamenetz’s thinking.... The book’s most urgent contribution is its exploration of how we might hold our schools, teachers and students accountable if we were to scrap high stakes standardized testing entirely. As in her previous book, *DIY U*, Kamenetz is open to seemingly radical, technology-driven solutions.”

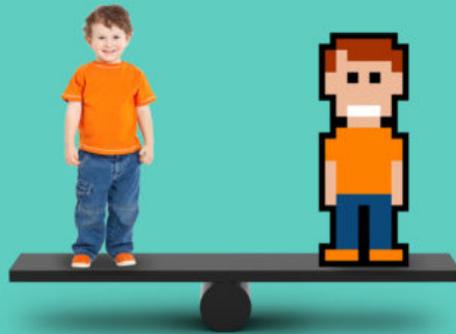
—***New York Times Book Review***

“High stakes testing in our public schools puts enormous pressure on everyone in the system. Using real— and often quite moving— stories, Anya Kamenetz shows teachers, parents, administrators, and students how to survive, even thrive, in an education system that many understandably believe needs a course correction.”

— **Daniel H. Pink, author of *Drive* and *To Sell is Human***

THE ART *of*  
SCREEN  
TIME

How Your Family Can  
Balance Digital Media  
and Real Life



ANYA  
KAMENETZ