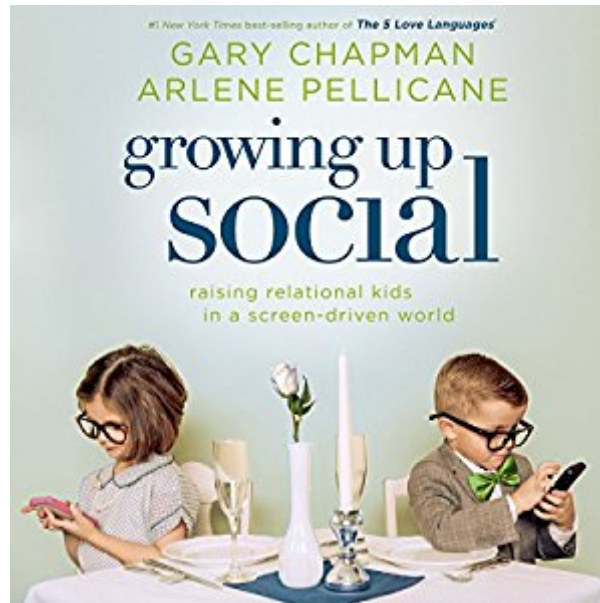


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# Growing Up Social: Raising Relational Kids In A Screen-Driven World



## Synopsis

Is technology bringing your family closer together or driving you farther apart? Children today are no longer playing hide-and-seek outside or curling up with a good book - instead they've been introduced to a world of constant digital entertainment through television, video games, and mobile devices. And while technology has the potential to add value to our lives and families, it can also erode a sense of togetherness and hinder a child's emotional and social development. In *Growing Up Social*, Gary Chapman and Arlene Pellicane will empower you with the necessary tools to make positive changes starting today. Through stories, wit, and wisdom, you'll discover how to take back your home from an overdependence on screens. Plus, you'll learn to teach the five A+ skills that every healthy child needs to master: affection, appreciation, anger management, apology, and attention. Equip your child to be relationally rich in a digital world. Replace mindless screen time with meaningful family time. Establish simple boundaries that make a huge difference. Discover what's working for families that have become screen savvy. Learn healthy ways to occupy your child while you get things done. Now is the time to equip your child to live with screen time, not for screen time. No phone, tablet, or gaming device can teach your child how to have healthy relationships - only you can.

## Book Information

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## Customer Reviews

I didn't realize that setting technology boundaries would start so early! My daughter is not even 2 yet, but is already quite interested in our phones. I want to make sure I set a good foundation for her

technology use, so I was thrilled when I heard about Growing up Social. We were fortunate enough to have Arlene Pellicane speak at our MOPS group at church last year and I have been listening to her podcast and following her blog since then. I have read several of her other books including 31 Days to a Happy Husband and 31 Days to becoming a Happy Wife. Arlene's writing is down to earth and practical. She discusses tough topics and shares the truth, yet you don't come away feeling judged. I knew that her approach to technology would be a balanced one that I could trust. And I was right. I loved the book and feel much better equipped to set healthy boundaries for technology with my daughter. The book breaks down the impact of technology on kids and openly discusses the pros and cons of technology use. Then it discusses what they call the A+ Method for Relational Kids, which includes 5 key relational skills: Affection, Appreciation, Anger Management, Apology, and Attention. They discuss how technology use affects the development of these skills and give practical ways you can help your kids learn all 5 so they will be ready for a successful social life offline. The book then covers several other key topics relating to parenting and technology. I especially liked the chapter where Dr. Chapman breaks down the Love Languages and how screen time can keep your child from feeling loved in their language. I also came away with some thoughts on how I'd like to change my technology use when I am with my daughter.

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