

# WIRED CHILD *Reclaiming Childhood in a Digital Age*

“Dr. Freed has crafted something here that is sensible, impeccably researched, fairly presented and most of all a message of hope.”

—Kim John Payne, M.Ed., author of *Simplicity Parenting* and *The Soul of Discipline*

“Get this book! This book is well researched and is illustrated by real clinical cases. If you care about your kids and family, this book is a must read!”

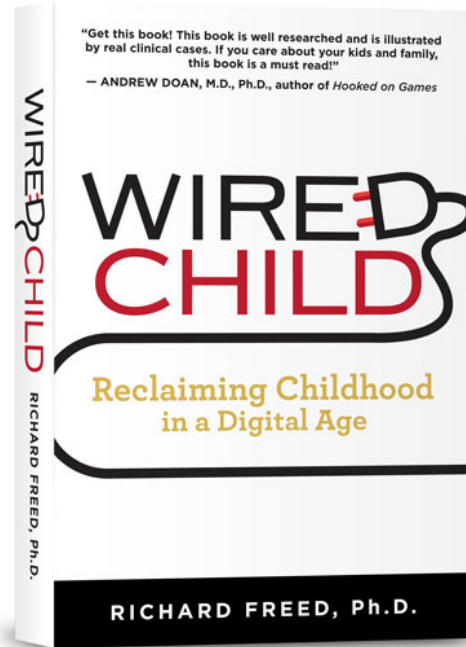
—Andrew Doan, M.D., Ph.D., author of *Hooked on Games*

## **A practical guide to building your child’s bond with family and fostering school success amid the allure of digital screens**

Kids’ obsessive use of video games, social media, and texting is eclipsing their connections with family and school—the two most important contributors to their well-being. The result: a generation of kids who suffer from soaring rates of emotional and academic problems, with many falling prey to an epidemic of video game and internet addictions.

In *Wired Child*, learn why a bevy of social media friends won’t keep teens from feeling empty inside and turning to cutting for relief. See how our kids have become smartphone experts who struggle in reading, math, and the other educational basics that colleges consider in deciding admissions. And discover how many “child-friendly” technologies are depriving kids of joy in the real world, putting them at risk for device addictions.

*Wired Child* gives you the confidence and skills you need to safely navigate your children through a rapidly shifting media landscape. Dr. Freed offers concrete parenting strategies that will help you create the strong family kids need and encourage their school success. You’ll also learn how to protect kids from destructive tech addictions, and instead guide them to use technology productively as a positive force for their future. [MORE ABOUT THE BOOK](#)



**Richard Freed, Ph.D.**, is a child and adolescent psychologist and a leading authority on raising children in the digital age. He is the author of the book *Wired Child: Reclaiming Childhood in a Digital Age*, is a regular contributor to the *Huffington Post*, and his insights have been featured in *The New York Times*, *The Atlantic*, on NPR, and other media platforms. Dr. Freed speaks internationally to groups of parents, teachers, and health care providers. Receiving his professional training at Cambridge Hospital / Harvard Medical School and the California School of Professional Psychology, he is on the advisory boards of Families Managing Media and the Campaign for a Commercial-Free Childhood's Children's Screen Time Action Network. Dr. Freed lives in Walnut Creek, California and is the father of two girls, ages 11 and 15.