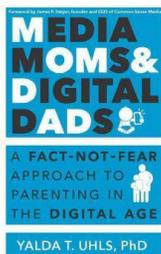


Books for Parents



Media Moms & Digital Dads

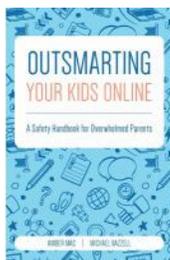
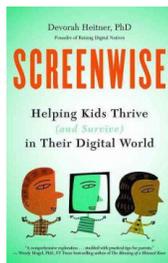
by Yalda T. Uhls
306.874 UHL

Supported by academic research, Media Moms & Digital Dads breaks down complex issues in a friendly, accessible fashion, making it a useful and reassuring read for anyone worried about media's impact on young minds.

Screenwise: Helping Kids Thrive (and Survive) in Their Digital World

by Devorah Heitner
302.231 HEI

Many parents feel that their kids are addicted, detached, or distracted because of their devices. Screenwise offers strategies for parenting children in the digital age.



Outsmarting Your Kids Online

by Amber Mac
004.678083 MAC

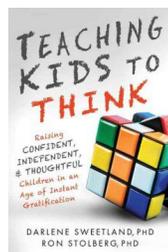
This book empowers parents to make smarter online decisions to properly protect their kids. It identifies dozens of free resources

that simplify and automate in-depth searching of your child's social network activity.

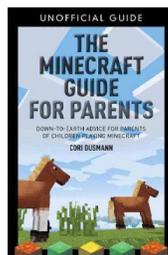
Teaching Kids to Think

by Darlene Sweetland
649.6 SWE

Conversational and informative, this book offers solutions to prevent kids' over-dependence on parents and need for instant gratification fueled by technology.



Books for Parents



The Minecraft Guide for Parents

by Cori Dusmann
794.8 MIN DUS

Offers guidance to parents with children interested in the Minecraft video game, looking at what the game is, how it is played, how children can stay safe online, how it can benefit children, and how to manage time spent playing it.

Glow Kids

by Nicholas Kardaras
616.8584 KAR

Presents a controversial argument that technology has negatively affected children's brains, linking screen tech to a range of disorders while making recommendations for minimizing use.



Irresistible:

The Rise of Addictive Technology and The Business of Keeping Us Hooked

302.231 ALT
Adam L. Alter

Death by Video Game: Danger, Pleasure, and Obsession on The Virtual Frontline

794.8 PAR
Simon Parkin



St. Albert Public Library
Cultivating Community

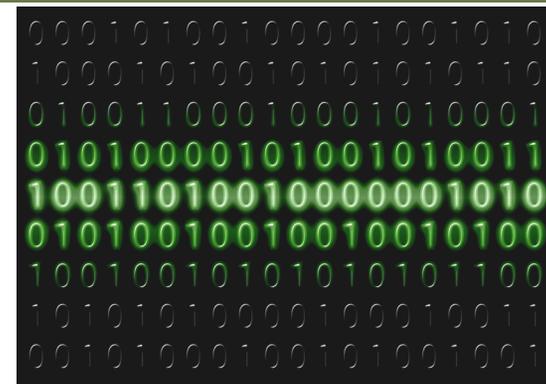
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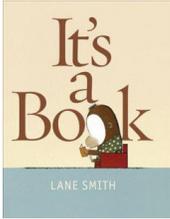
Technology, Social Media and Screen Time



2017

A selection of books for
children, teens and parents
at
St. Albert Public Library

Books for Children



It's a Book

by Lane Smith

SMI (Easy Picture Book)

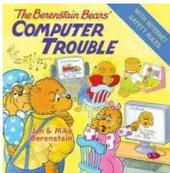
A donkey with a laptop computer and a gorilla with a printed book discuss the merits of their preferred formats.

Hello! Hello!

by Matthew Cordell

COR (Easy Picture Book)

When her family is too busy using their electronic gadgets to notice her, Lydia ventures out to show her family the beautiful, gadget-free world outside.



The Berenstain Bears' Computer Trouble

by Jan Berenstain

BER (Easy Paperback)

When Papa brings home a computer, the whole family is soon spending all day, every day staring at the screen. It is up to Papa to get the Berenstains back into the real world.

The Fabulous Friend Machine

by Nick Bland

BLA (Easy Picture Book)

When Popcorn finds a forgotten smartphone in the barn she sets about making some brand new friends. Soon she is so busy sending messages to them that she begins to forget her old friends. When a meet-up with her new friends is about to end in disaster, the animals of Fiddlesticks Farm save the day.



Books for Children



How to Text Boys

Kelli Dunham

302.231 DUN (Junior Non-Fiction)

This series discusses how to use social media, texting, and other methods of online communication safely and responsibly, especially when handling crushes, bullying, and peer pressure.



How to Text Girls

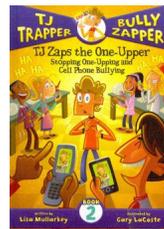
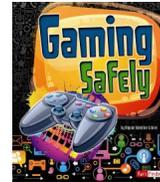
Gaming Safely

by Allyson Valentine Schrier

794.82 SCH

(Junior Non-Fiction)

Describes safe online gaming and ways to avoid dangerous situations, such as identity theft, cyberbullying, or predators.



TJ Zaps the One-Upper

by Lisa Mullarkey

MUL (Junior Fiction)

TJ's former best friend, Danny, is constantly one-upping everybody. When he uses his cell phone to send an embarrassing picture of TJ, Danny takes it one step too far.

Katie Friedman Gives Up Texting!

by Tom Greenwald

GRE (Junior Fiction)

Katie Friedman is tough, but can she convince her peers to give up their phones for a week?



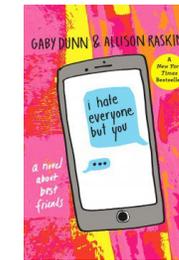
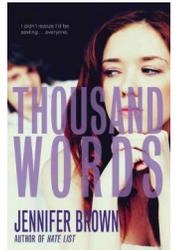
Books for Teens

Thousand words

by Jennifer Brown

BRO (Young Adult Fiction)

Talked into sending a nude picture of herself to her boyfriend while she was drunk, Ashleigh became the center of a sexting scandal and is now in court-ordered community service, where she finds an unlikely ally.



I Hate Everyone but You

by Gaby Dunn

DUN (Young Adult Fiction)

A series of texts and emails exchanged between two best friends during their first semester of college documenting romance, roommates, self-discovery, coming out and mental health.

Symptoms of Being Human

by Jeff Garvin

GAR (Young Adult Fiction)

A gender-fluid teenager who struggles with identity creates a viral blog, and faces ridicule at the hands of fellow students. Riley must make a choice: walk away from what the blog has created—new friends and a lifeline—or stand up and risk everything.



Cure for The Common Universe

by Christian McKay Heidicker

HEI (Young Adult Fiction)

A realistic portrayal of the difficulty of overcoming addiction. Video game-addicted 16-year-old Jaxon is about to play the most challenging

game of his life: escaping from video game rehab.