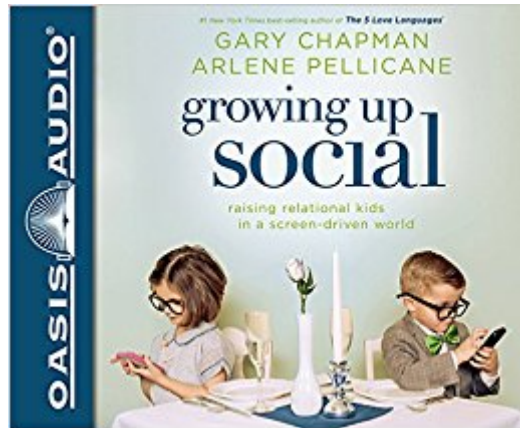




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# Growing Up Social: Raising Relational Kids In A Screen-Driven World



## 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 really enjoyed reading this book. As a teacher, this has been a topic I have been constantly talking about. The effects of technology are clearly obvious in our youth and in our families and their interactions. I highly recommend this book to parents and teachers. I think this is a perfect book for

a parenting class. Rating 4 out of 5 stars."Reviewed by Susana Martin, Net Galley, June 6, 2014"Let me start this review by saying that I was attracted to read this book by its cover and title. The cover is very intriguing and thought provoking. For me itâ™s a perfect depiction of what is happening to kids who are "growing up" social. As a private tutor I had been questioning the effects of growing up social on my students. As soon as I saw the title of this book I picked it up thankfully it gave me all the answers I needed. And whatâ™s best of all, it gave me reassurance that my beliefs regarding screen time for children arenâ™t wrong. The writing is straight to the point. The concepts are clearly explained. There are many practical and doable examples on how to apply the suggestions the authors make. More about the writing on the the full review on my blog. Growing up social does not emphasize only on the negative effects screen time has on our kids: slow language development, aggressive behavior, frustration, negative thoughts, weak interpersonal relationships, lack of virtues, feeling of entitlement, short attention span, lack of emotional connections, rebellion toward authority, etc. It is not a book to attack technology. The authors recognize that with a purpose and a plan, screen time can be a wonderful way to bring families closer. The important lesson to learn is that there has to be balance, limits, and boundaries for screen time enforced by parents in order to raise healthy and productive human beings. These parameters donâ™t have to be imposed or forced on children. They are set in a way that children learn to make decisions and learn to live within these boundaries. Growing up social is an empowering book for parents, an eye opener for those who are feeling lost or despaired in their mission. It fills you with hope and reminds you that it is never too late to make positive changes that will influence your children for the rest of their lives. It positively recharges you and makes you remember that "you are the parent at the wheel who decides the direction of your family." Growing up social is not only for parents or single parents, but also a great resource for grandparents, families, teachers, nannies, tutors, counselors, and anyone who is in constant contact with children and has some responsibility in their upbringing can greatly benefit from reading this book. I am very selective as to which books get 5 stars in my book shelf. I highly recommend reading this book."Reviewed by MJ Bloggeretterized, Net Galley, Jul 11, 2015Â --This text refers to an alternate Audio CD edition.

"Whether you are a parent, grandparent, neighbor, or friend, Growing Up Social is a must-read! The electronic age has brought us the amazing miracles of television and computer technology, but it has also brought risks to the social and intellectual development of our children. This book will inform you, and perhaps even alarm you, but then it will show you how children can enjoy screens without becoming addicted to them."â "MEL CHEATHAM, MD, clinical professor of neurosurgery"As

a mom of six children, I see now more than ever how important real connections with real people are. For those of us who grew up with corded phones and letter writing pen-pals, it's easy to worry about how the screen-driven world impacts our children. Thankfully Arlene Pellicane and Dr. Gary Chapman have provided sound advice for parents in how to train children in important relational skills, while setting realistic boundaries for electronic entertainment. Need help in teaching your children communication, care, and empathy for others? This is the book you've been looking for! Great research, sound advice, and steps to success—what could be better than that?"

—TRICIA GOYER, USA Today bestselling author of 40 books, including *Lead Your Family Like Jesus* "The advent of the digital world is a technology that has created an enormous challenge for parents. It is causing our children to spend more time in front of a computer screen or smartphone than in healthy social contact, and the consequences on children's emotional health is frightening. Research here is very clear: we are rewiring the human brain in ways that will have longterm detrimental effects. *Growing Up Social* is absolutely correct in its identification of the risks facing our children. It offers practical guidance and scientifically validated techniques for protecting them from the damaging consequences of prolonged digital engagement. It has my full recommendation."

—ARCHIBALD D. HART, author of *The Digital Invasion: How Technology is Shaping You and Your Relationships* "How do you raise children thoughtfully in a screen-centric world? It's one of the most urgent questions of our time, and *Growing Up Social* is a full of smart, practical answers. Any parent seeking to nurture their family's spiritual life in this connected age, no matter their faith or philosophy, will benefit from reading it."

—WILLIAM POWERS, author, *Hamlet's BlackBerry* "It's not too late! You can rescue your children from their technology and help them learn why and how to be social. Without social skills, they'll be miserable, lonely, confused, angry, misled, depressed, unfulfilled. You know it's a huge issue today and I'm glad you're concerned. In *Growing Up Social*, Chapman and Pellicane share ideas that will equip you to have instructive conversations with your kids and make realistic and significant changes so they willingly decrease their screen time and confidently increase their friend time."

—KATHY KOCH, founder and president of Celebrate Kids, Inc., and author of *Finding Authentic Hope and Wholeness* and *How Am I Smart?* and coauthor of *No More Perfect Kids* "If you think your child is immune to an overdependence on screens, think again. Written by my trusted friends Gary Chapman and Arlene Pellicane this book is a reality pill that many modern day parents need to swallow."

—DR. KEVIN LEMAN, New York Times bestselling author of *Have a Happy Family by Friday* "Finally a book that educates on the very real effects screen time has on our children and daily home life. *Growing Up Social* is packed with practical wisdom and brilliant suggestions to

effectively and intentionally pull families trapped in isolation away from their screens to reestablish God intended family time! Gary and Arlene, count me a raving fan of this much needed guide book for parents!"â " TRACEY EYSTER, founder of FamilyLifeâ ™s MomLifeToday.com, author of Be the Mom and Beautiful Mess"A timely and practical book that tackles one of parentingâ ™s biggest dilemma: how do we navigate this new world of technology? This book will equip parents to confidently set boundaries and create an atmosphere that uses technology in a healthy way."â "TED CUNNINGHAM, pastor and author of several books including Trophy Child"This book will help parents navigate the slippery slope of electronics in a way that emphasizes family bonding, social relating, and maintaining a healthy balance of electronic and non-electronic activities. A most welcome addition to the library of any intentional parent."â "TODD CARTMELL, child psychologist and author of Project Dad and Raising Flexible Kids"In this unprecedented age of technology and its accessibility, I cannot think of a more needed or more important resource for parents than Growing Up Social. While this book recognizes the positive contributions of technology, it serves as an important handbook for educating parents on the effects of too much screen time in our lives. It offers creative alternatives and encouragement to take back our home from the digital invasion and I highly recommend it!"â "KRISTEN WELCH, author of Rhinestone Jesus and blogger at We Are THAT Family"As a mom, I have often felt outnumbered in my own home: Laptop, iPod, smartphone, Xbox, tablet: 5 vs. Mom and Dad: 2. Besides living in a wireless bunker, whatâ ™s a parent to do? Growing Up Social will help you reclaim your home and your family. More than a media manifesto, this book gives a commonsense, real world approach to building relationships and helping our kids who are screen savvy become socially savvy."â " KATHI LIPP, author of I Need Some Help Here: Hope for When Your Kids Donâ ™t Go According to Plan and 21 Ways to Connect with Your Kids"Growing Up Social is a must-read for wisdom to maximize the positives and minimize the negatives of life and love in the ever-changing digital world."â " PAM AND BILL FARREL, co-directors of Love-Wise; authors of Men Are Like Waffles, Women Are Like Spaghetti and 10 Best Decisions a Parent Can Make"Imagine this: A two-year-old picks up his motherâ ™s phone and swipes his finger across the screen. Not hard to imagine, is it? Whatâ ™s wrong with that picture? Whatâ ™s right? Arlene Pellicane and Dr. Gary Chapman will help you answer both of those questions. Growing Up Social is a must-read for todayâ ™s parents and grandparents too!"â " KENDRA SMILEY, author of Journey of a Strong-Willed Child and Be the Parent (and mother of three, grandmother of nine and counting)" --This text refers to an alternate Audio CD edition.

I am a mom of a 9 year old boy, 7 year old girl and 5 year old girl. My son struggles with my rules for

our family iPad and I found this book to be a good source of information on answering my son's continual question of why? Why can I not play video games everyday? Why can my friends play their video games all the time? Why do you have to be so strict? I now tell him that I am saving his brain for bigger and better things. We have read parts of the book together so that we can discuss it and make a plan together on what is reasonable and what is not. He does get to play video games but on a schedule for a set amount of time. Once that time is up then the iPad goes away and he can find another activity to do. I also found many practical ideas on how to "take the house back" by setting boundaries for not only my kids but also for me to live by. I will keep this book close by for as my children grow and want to become active in social media and other digital products that we have not even experienced yet.

A must read for all parents and grandparents. This well written book will open the eyes of all adults as to the dangers associated with too much screen time for our kids. As a grandparent raising my children in a before-internet era, Gary and Arlene made me aware of the need for parental guidance with our children/grandchildren in the use of the various devices to which they have access. Recently I experienced the isolation that takes place when my grandchildren were allowed to use there devices without limit and in their own rooms. I am also aware that I need to set the right example for them and not be on my devices when I should be relating to my grandchildren and others. I strongly urge all parents and grandparents to read this book! I have recommended it to my own adult children and many other parents.

This book is a must for parents raising kids in our society today. As a mother of three young children, this book challenged me not only in my heart and attitudes in raising them, but in my own habits and actions. This is one I will revisit and read again as a reminder to check in with my own media use. Yes, it is convicting--but in all the best ways; ways that will change families and lead them into more intentional living. I highly recommend Growing Up Social.

Very insightful, thought-provoking text. The A+ skills are a clean, easy way to identify where to start with re-teaching our kids how to live in a social society. The discussion questions are excellent as well. And, as a Christian I liked seeing the word "God" in print with a positive connotation! Read carefully, however, WITHOUT BLINDERS! My main concern about the book is its research parameters. Many of the citations are from non-peer-reviewed magazines, not peer-reviewed journals. This is an important distinction. Peer-reviewed journals, such as "Social, Psychological and

Personality Science", are held to much more rigorous standards than, say, the Huffington Post. Which means, in effect, that the facts put forth in the book should be checked for validity, not simply reliability.

Sent it to my Daughter in law to read! I find it an excellent book to train up your child properly in a media world. It teaches what is more important than selfies, etc!!!! Highly recommend it!

After listening to this book, I bought 4 more copies to give to young couples with kids in my family. I believe that the information will guide them in parenting kids in this digital era so that their children will grow up with healthy social relationships.

I would recommend this book to all parents! This a topic that needs to be talked about. I was also convicted of my own bad habits with my own screen time. I have become more proactive in being aware of how much our family is spending in front of any screen. Great book and I would highly recommend!

Excellent book and long overdue for me. Whether you are a Christian or not, Gary Chapman books put things in plain English and are his points are easily incorporated into daily life.

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