



How Digital Media is Changing Our Children's Mental Health

from ParentGuidance.org

What's the single biggest factor shaping our lives today? It's how we spend our time. The single biggest influencer in our lives today might actually be our smart phones.

Access this free course here!



[https://cookcenter.info/
media](https://cookcenter.info/media)

Our course "How Digital Media is Changing Our Children's Mental Health" - Shares research and gives parents practical and implementable advice about technology, and how it's impacting our children's mental health. This course addresses what's driving the rapid acceleration of anxiety and depression in teens, how to talk with your child about screen time, and four strategies to protect our children's mental well-being.

