

book club

GUIDANCE FOR DIGITAL HEALTH

We love our books! We love the way they feel in our hands, their smell, that quiet uninterrupted moment they bring, and the conversations they start.

Here are our latest reads that challenge the way we think, illuminate new perspectives and ground us as we search for digital health.



GOOD PICTURES BAD PICTURES: Porn-Proofing Today's Young Kids

by Kristen A. Jenson (Author),
Debbie Fox (Illustrator)

We all know how easy a 'google oops' can happen and it only takes a few taps on smart phone for a curious child to find an endless supply of hard-core, violent and addicting porn. This book is a great resource to help porn-proof our kids, it makes a difficult discussion easy and empowering.

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TWEEENS

by Michelle Mitchell

If your child is between the ages of nine and twelve, you are in the throes of the 'between' years. Not

quite a child and not yet a teenager, tweens embody a very specific stage of development one that is the most rapid period of development since toddlerhood.

Michelle compassionately guides parents through their children's friendship issues, mood swings, confidence crises, technology habits, sibling rivalry, body image concerns and seemingly inexplicable behaviour. She provides invaluable practical advice and groundbreaking research from leading organisations to reassure parents that tweens are ready to be switched on to their potential and can change the trajectory of adolescence, and every trusted adult in their lives can be a part of that process.

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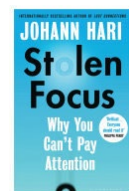
THE ANXIOUS GENERATION: How the Great Rewiring of Childhood Is Causing an Epidemic of Mental Illness

by Jonathan Haidt

An urgent and insightful investigation into the collapse in youth mental health, from the influential social psychologist and international bestselling author.

In this book, Haidt makes a compelling argument that the loss of play-based childhood and its replacement with a phone-based childhood that is not suitable for human development is the source of increased mental distress among teenagers.

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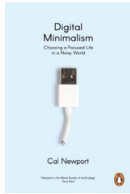


STOLEN FOCUS: Why You Can't Pay Attention

by Johann Hari

Why have we lost our ability to focus? What are the causes? And, most importantly, how do we get it back? Johann Hari went on a three-year journey to uncover the reasons behind our shortening attention spans. He interviewed the leading experts in the world on attention, and learned that everything we think about this subject is wrong. We think our inability to focus is a personal failing - a flaw in each one of us. It is not. This has been done to all of us by powerful external forces. He shows us how in a thrilling journey that ranges from Silicon Valley dissidents, to a favela in Rio where attention vanished, to an office in New Zealand that found a remarkable way to restore our attention. Crucially, he learned how - as individuals, and as a society - we can get our focus back, if we are determined to fight for it.

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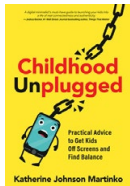


DIGITAL MINIMALISM

by Cal Newport

We love this book by Cal Newport as he is around our age and illustrates how it is not that difficult to have a digitally minimalistic family life. In fact, it can make life much easier! Loaded with tidbits to get you thinking, for instance, the value of solitude and high-quality leisure activities, along with practical tips to help you embrace digital minimalism if you choose. It is inspiring and we are encouraged that this movement is starting to happen!

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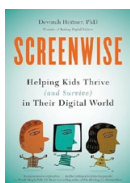


CHILDHOOD UNPLUGGED: Practical Advice to Get Kids Off Screens and Find Balance

by Katherine Johnson Martinko

Ditch the devices and bring back the magic of being a kid. Screens are everywhere. Children spend an average of 7.5 hours on digital devices every day with profoundly negative consequences. While some tech may “amplify” real-life experience, the vast majority undermines it by limiting physical activity, creating anxiety, or damaging self-esteem. Childhood Unplugged takes a bold approach to creating healthy boundaries around the use of digital media.

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

by Devorah Heitner

Screenwise offers a realistic and optimistic perspective on how to thoughtfully guide kids in the digital age. Many parents feel that their kids are addicted, detached, or distracted because of their digital devices. Media expert Devorah Heitner, however, believes that technology offers huge potential to our children- if parents help them. Using the foundation of their own values and experiences, parents and educators can learn about the digital world to help set kids up for a lifetime of success in a world fueled by technology.

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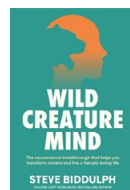


TEN-AGER: What your daughter needs you to know about the transition from child to teen

by Madonna King

At ten, we know how girls are pigeonholing themselves into what they think they should be. Whether they see themselves as academic or not, whether they are interested in boys, puberty is a reality, friendship fights are underway, and the influence of social media is impacting. So many parents struggle to understand the pressures our girls are under and how to deal with their emotional volatility. Brisbane based Journalist and social commentator Madonna King has an extraordinary ability to connect with experts, schools and the girls themselves to deliver the answers parents need and the communication our girls want.

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WILD CREATURE MIND: The Neuroscience Breakthrough That Helps You Transform Anxiety and Live a Fiercely Loving Life

by Steve Biddulph

WE HAVE TWO MINDS.

We have our normal mind, which overthinks, rattles about and gets defensive. And we have the real us - our complex, super-intelligent Wild Creature Mind, full of life, insight and empathy. These two minds are meant to work as a team, but in our busy modern society, we've all but forgotten how to listen to our Wild Creature Mind.

In the midst of the world's worst mental health crisis, Steve shows how adults, teens and even young children can use their intricate gut feelings to overcome anxiety, grow strong boundaries, and to heal and be whole again.

This is absolute science, yet incredibly simple, and about to change your life.

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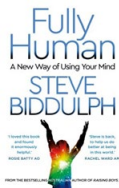


RAISING HUMANS IN A DIGITAL WORLD: Helping Kids Build A Healthy Relationship With Technology

by Diana Graber

Sexting, cyberbullying, revenge porn, online predators... all of these potential threats can tempt parents to snatch the smartphone or tablet right out of their children's hands. While avoidance might eliminate the dangers, that approach also means your child misses out on technology's many benefits and opportunities. We love how this book empowers kids to navigate the digital realm and gives useful tips for busy families to slip into daily routines.

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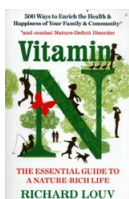


FULLY HUMAN: A new way of using your mind

by Steve Biddulph

Steve Biddulph, an Australian author, activist and psychotherapist wants us to feel more alive, more connected, more fully human. This book explores the new concept of 'supersense' the feelings beneath our feelings which can guide us to a more awake and free way of living every minute of our lives.

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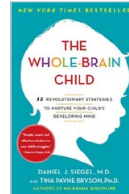


VITAMIN N

by Richard Louv

A great book full of practical ideas on how to bring nature into your daily life. Focusing on everyone; communities as a whole, adults, and children, this book is a must-read for anyone inspired to reignite their love for the natural world... or for those who are ready to embrace it for the first time. If you like Last Child in the Woods, read this next!

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THE WHOLE-BRAIN CHILD: 12 REVOLUTIONARY STRATEGIES TO NURTURE YOUR CHILD'S DEVELOPING MIND, SURVIVE EVERYDAY PARENTING STRUGGLES, AND HELP YOUR FAMILY THRIVE

by Daniel J. Siegel, Tina Payne Bryson

Do children conspire to make their parents' lives endlessly challenging? No – it's just their developing brain calling the shots.

In this pioneering, practical book, Daniel J. Siegel, neuropsychiatrist and author of the bestselling book Mindsight, and parenting expert Tina Payne Bryson demystify the meltdowns and aggravation, explaining the new science of how a child's brain is wired and how it matures. The "upstairs brain," which makes decisions and balances emotions, is under construction until the mid-twenties. And especially in young children, the right brain and its emotions tend to rule over the logic of the left brain. No wonder kids can seem-and feel-so out of control. By applying these discoveries to everyday parenting, you can turn any outburst, argument, or fear into a chance to integrate your child's brain and foster vital growth. Raise calmer, happier children using twelve key strategies

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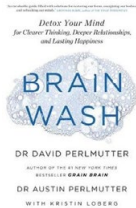


GRANDPARENTING SCREEN KIDS How to Help, What to Say, and Where to Begin

by Gary Chapman, Arlene Pellicane

The gap between grandparent and grandchild may feel wider than ever as young people become increasingly immersed in a world of digital technologies. This book is a great step towards bridging the gap, helping grandparents understand the world of iPads, YouTube and video games. We love the suggestions to keep grandkids occupied without screens and tips to navigating differences with adult children. Digital technologies are here to stay and grandkids need grandparents more than ever to teach

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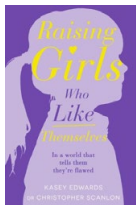


BRAIN WASH; Detox Your Mind for Clearer Thinking, Deeper Relationships and Lasting Happiness

by David Perlmutter

Brain Wash builds from a simple premise: Our brains are being gravely manipulated, resulting in behaviours that leave us more lonely, anxious, depressed, distrustful, illness-prone and overweight than ever before. Based on the latest science, the book identifies the mental hijacking that undermines each and every one of us and presents the tools necessary to think more clearly, make better decisions, strengthen bonds with others and develop healthier habits. Featuring a 10-day boot camp program, including a meal plan and 40 delicious recipes, Brain Wash is the key to cultivating a more purposeful and fulfilling life.

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RAISING GIRLS WHO LIKE THEMSELVES

by Kasey Edwards & Christopher Scanlon

Free of parental guilt and grounded in research, Raising Girls Who Like Themselves is imbued with the warmth and wit of a mum and dad who are in the same parenting trenches as you, fighting for their daughters' futures. This book details the seven qualities that enable girls to thrive and arm themselves against a world that tells them they are flawed. Packed with practical, evidence-based advice, it is the indispensable guide to raising a girl who is happy and confident in herself.

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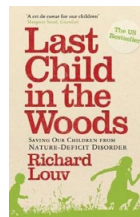


GIRL STUFF FOR GIRLS AGED 8 - 12: Your real guide to the pre-teen years

by Kaz Cooke

We really value Kaz Cooke's Australian voice on the topic of puberty and the pre-teen years. This book fits under pillows and was written with the help of medical and other experts. It is jam packed with fun tips, lists and ideas on everything from ways to get strong, how to feel more confident, great book series to read, snappy comebacks to use on bullies and things parents need to know about digital technologies as well as guides to Australian helplines, websites and tools.

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LAST CHILD IN THE WOODS; Saving Our Children From Nature-Deficit Disorder

by Richard Louv

This is a book to change minds and lives by highlighting the staggering divide between children and the outdoors. Richard Louv directly links the lack of nature in the lives of today's digital natives to some of the most disturbing childhood trends, such as the rises in obesity, attention disorders, and depression. This updated edition offers practical advice on how to help children to enjoy the natural world, starting in our parks and gardens, homes and schools.

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Enjoy!