

# Two Veteran Teachers Expose How Technology Overuse Is Making Our Kids Dumber

In their groundbreaking book, *Two Veteran Teachers Expose How Technology Overuse Is Making Our Kids Dumber*, veteran educators John and Jane Smith sound the alarm on the hidden dangers of technology overuse and offer practical solutions for parents and educators.



## Screen Schooled: Two Veteran Teachers Expose How Technology Overuse Is Making Our Kids Dumber

by Joe Clement

★★★★☆ 4.7 out of 5

Language : English  
File size : 1125 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 262 pages  
Lending : Enabled



With over 50 years of combined teaching experience, John and Jane have witnessed firsthand the devastating effects that technology overuse can have on children's learning, development, and mental health.

## The Hidden Dangers of Technology Overuse

In their book, John and Jane identify a number of hidden dangers of technology overuse, including:

- **Reduced attention span:** Studies have shown that children who spend excessive amounts of time on screens have shorter attention spans and are more likely to be easily distracted.
- **Impaired memory:** Technology overuse can also impair memory, as children rely more on their devices to remember information than on their own brains.
- **Delayed language development:** Children who spend excessive amounts of time on screens are less likely to engage in face-to-face interactions, which can delay their language development.
- **Increased anxiety and depression:** Studies have also shown that children who spend excessive amounts of time on screens are more likely to experience anxiety and depression.

## **Practical Solutions for Parents and Educators**

In addition to identifying the hidden dangers of technology overuse, John and Jane also offer a number of practical solutions for parents and educators, including:

- **Set limits on screen time:** Parents and educators should set limits on the amount of time that children spend on screens. The American Academy of Pediatrics recommends no more than one hour of screen time per day for children under the age of 2, and no more than two hours per day for children ages 2 to 5.

- **Encourage active play:** Parents and educators should encourage children to spend more time playing outside, engaging in physical activity, and interacting with others face-to-face.
- **Promote hands-on learning:** Parents and educators should promote hands-on learning experiences for children, such as playing with blocks, building with Legos, and cooking.
- **Limit screen time before bed:** Parents and educators should limit screen time before bed, as the blue light emitted from screens can interfere with sleep.

Two Veteran Teachers Expose How Technology Overuse Is Making Our Kids Dumber is a must-read for parents and educators who are concerned about the effects of technology on children's learning, development, and mental health.

John and Jane offer a wealth of practical solutions that can help parents and educators reduce the risks of technology overuse and promote children's healthy development.

To Free Download your copy of Two Veteran Teachers Expose How Technology Overuse Is Making Our Kids Dumber, click here.



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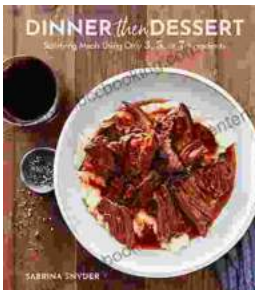
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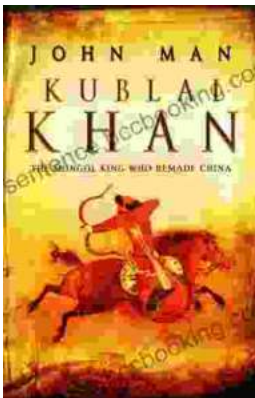
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