

Left to their Own Devices

Confident parenting in a digital world

Katharine Hill



**Kilfinan
Press**

"A much-needed and really accessible book - one which will empower a generation of parents."

Gemma Hunt, TV presenter: CBeebies

TikTok, Snapchat, Instagram, Roblox, Minecraft and Fortnite. Words that many parents hear multiple times a week, yet just two decades ago were unknown.

Children are being brought up in a world that is unfamiliar to many adults, and questions on technology, screen time, AI and parenting are very real. Parents need to know how to navigate this changing world.

Enter Katharine Hill, author of *A Mind of Their Own*, ready with her years of experience of parenting and her innovative work at Care for the Family. With up-to-date, practical advice, she explores the impact of the digital world on teenagers and younger children, addressing everything from screen time, social media and gaming to issues such as the dangers of AI, bullying, grooming and pornography.

This fourth edition has been comprehensively revised, offering new content and fresh insight into how we can confront recent technological changes. Whether you are cradling a newborn or riding the rollercoaster of the teenage years, a stranger to Snapchat or have thousands of followers on Twitter, this book is for mums and dads who not only want to 'cope' with bringing up children in the age of digital technology, but to be on the front foot - confidently parenting in a digital world.

"The book has a good balance on how we can respect and use this technology whilst protecting young brains as they develop."

Dr Jim Hacking, NHS General Practitioner and Mental Health Commissioner

Author

Katharine Hill LLB JP is Director of Care for the Family, a popular author, speaker and broadcaster on family issues and a regular contributor for local and national media. She has practised as a family lawyer and leads on CFF's policy agenda representing the organisation at government level. Katharine is married to Richard, and they have four grown-up children and seven grandchildren.

Key Selling Points

- Latest research, statistics, true stories and practical tips on how to parent well in a digital world
- Reflects on the latest innovations in technology that challenge parents and their kids, such as AI, as well as surging social media use, homework on screens and increased online bullying
- Takes into account the increasingly blurred boundaries between work and home and gives advice on how to be good role models
- Includes information on the latest digital technology and apps, from monetised gaming to Snapchat
- Appendix with best websites and apps to facilitate healthy digital engagement
- Combines up-to-date analysis of the digital world with seasoned parenting advice from a trusted expert.

Readership

- Parents, grandparents and carers of children of all ages
- Parents struggling with media-savvy children
- Youth workers, teachers and other professionals working with children



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