

Raising Resilient Kids in a Digital World

Author: Chris Collin

Publisher: readolla.com

Published date: 2025

Here's the translation to English:

Table of Contents: "Mindful Parenting in the Digital Age"

• Introduction

◦ What is Mindful Parenting?

- **Defining Mindful Parenting**
- **Benefits of Mindful Parenting**
- **Challenges of Mindful Parenting in the Digital Age**

◦ Why is Mindful Parenting in the Digital Age Necessary?

- **The Impact of Technology on Children's Mental Health**
- **The Role of Parents in Shaping Children's Digital Habits**
- **Understanding the Digital Landscape for Parents**

• Chapter 1: Understanding Your Child's Digital Behavior

◦ Assessing Your Child's Digital Habits

- **Identifying Signs of Digital Addiction**
- **Understanding Your Child's Social Media Use**
- **Recognizing the Impact of Screen Time on Children's Health**

- **Exploring the Psychology of Digital Behavior**

- **The Role of Dopamine in Digital Addiction**
- **Understanding the Impact of Social Media on Self-Esteem**
- **The Effects of Cyberbullying on Children's Mental Health**

- **Chapter 2: Setting Boundaries and Rules for Digital Use**

- **Establishing Digital Ground Rules**

- **Creating a Family Media Plan**
- **Setting Limits on Screen Time**
- **Encouraging Physical Activity and Outdoor Play**

- **Implementing Consequences and Rewards**

- **Developing a Consequences System**
- **Creating a Reward System for Good Digital Behavior**
- **Monitoring Progress and Adjusting Rules as Needed**

- **Chapter 3: Fostering Healthy Digital Habits**

- **Encouraging Digital Literacy**

- **Teaching Children to Evaluate Online Sources**
- **Understanding Online Safety and Security**

- **Developing Critical Thinking Skills for Digital Media**

- **Modeling Healthy Digital Behavior**

- **Setting a Good Example for Your Child**
- **Being Mindful of Your Own Digital Habits**
- **Encouraging Open Communication about Digital Issues**

- **Chapter 4: Managing Digital Distractions and Addiction**

- **Identifying Signs of Digital Addiction**

- **Recognizing the Warning Signs of Digital Addiction**
- **Understanding the Impact of Digital Addiction on Mental Health**
- **Seeking Help for Digital Addiction**

- **Strategies for Managing Digital Distractions**

- **Creating a Digital-Free Zone in the Home**
- **Implementing a Screen-Free Policy for Meals and Bedtime**
- **Encouraging Mindfulness and Self-Regulation**

- **Chapter 5: Navigating Digital Relationships and Bullying**

- **Understanding Digital Relationships**

- **Defining Digital Relationships and Their Impact on Mental Health**

- **Understanding the Role of Social Media in Shaping Digital Relationships**
- **Encouraging Healthy Digital Relationships**
- **Addressing Cyberbullying and Online Harassment**
 - **Recognizing the Signs of Cyberbullying**
 - **Understanding the Impact of Cyberbullying on Mental Health**
 - **Developing a Plan to Address Cyberbullying**

• Chapter 6: Staying Safe Online

- **Understanding Online Safety and Security**
 - **Teaching Children to Evaluate Online Sources**
 - **Understanding Online Safety and Security Best Practices**
 - **Encouraging Children to Report Online Safety Concerns**
- **Managing Online Identity and Reputation**
 - **Understanding the Importance of Online Reputation**
 - **Teaching Children to Manage Their Online Presence**
 - **Encouraging Children to Think Critically about Online Content**

• Chapter 7: Encouraging Digital Creativity and Learning

- **Supporting Digital Creativity and Self-Expression**

- Encouraging Children to Express Themselves through Digital Art
- Supporting Children's Digital Creativity through Play
- Developing Critical Thinking Skills through Digital Media
- Facilitating Digital Learning and Exploration
 - Encouraging Children to Explore Digital Resources for Learning
 - Supporting Children's Digital Literacy through Educational Apps
 - Developing a Growth Mindset through Digital Learning

• Chapter 8: Building Resilience and Coping Skills

- Teaching Children to Manage Stress and Anxiety
 - Understanding the Impact of Stress and Anxiety on Mental Health
 - Teaching Children Relaxation Techniques and Mindfulness
 - Encouraging Children to Express Emotions and Feelings
- Developing Coping Skills for Digital Challenges
 - Teaching Children to Evaluate Online Sources and Critically Think
 - Understanding the Impact of Cyberbullying and Online Harassment
 - Developing a Plan to Address Digital Challenges

• Chapter 9: Maintaining a Healthy Work-Life Balance

- **Setting Boundaries and Prioritizing Family Time**
 - **Creating a Family Schedule and Prioritizing Quality Time**
 - **Setting Boundaries and Expectations for Digital Use**
 - **Encouraging Physical Activity and Outdoor Play**
- **Managing Digital Work and Responsibilities**
 - **Understanding the Impact of Digital Work on Mental Health**
 - **Setting Boundaries and Prioritizing Self-Care**
 - **Developing a Plan to Manage Digital Work and Responsibilities**

• Conclusion

- **Summary of Key Takeaways**
 - **Key Principles for Mindful Parenting in the Digital Age**
 - **Strategies for Encouraging Healthy Digital Habits**
 - **Importance of Staying Safe Online and Managing Digital Challenges**
- **Future Directions and Recommendations**
 - **Continuing Education and Professional Development**
 - **Supporting Children's Digital Literacy and Creativity**
 - **Encouraging Open Communication and Collaboration**

The book can be purchased at

<https://readolla.com/raising-resilient-kids-in-a-digital-world>

