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Media Moms & Digital Dads: A Fact-Not-Fear Approach to Parenting in the Digital Age

Yalda T. Uhls
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Now more than ever in this time of technological prosperity, parents are concerned about digital media and the effects it will have on their children. In the book *Media Moms and Digital Dads: A Fact-Not-Fear Approach to Parenting in the Digital Age*, Yalda Uhls recommends a pragmatic approach toward parental navigation of the murky digital waters and facilitates the asking of some important questions.

Given that one of the most common ways for young people to learn about social and cultural norms today is via digital media, it is understandable for parents to focus their attention on that media and how to monitor and control its use for the sake of their children. Uhls brings research and insight into her discussion of the pros and cons of utilizing digital media. She reminds us that general parenting rules still apply when it comes to providing age-appropriate guidance and allowing for safe opportunities for children to make their own decisions.

Research-based information, common sense, and opinion drive the discussion as questions are raised concerning when, where, and how the use of digital media is appropriate. The amount of research that has contributed to this book is impressive. Even with that research, however, it is important to note that further research and inquiry is necessary, especially given that this phenomenon is relatively new to us. References to lack of bias where there clearly could be and the reliance on self-report in many of the studies speak to the need for caution and more study as well.

The “bottom line” feature within the chapters and the “wrap-up” and “takeaways” sections at the end of each chapter are used creatively to draw attention to important points and to perpetuate continued interest in the discussion. Not only do these features reiterate what is relevant, but they also draw attention to some surprising points.

It is encouraging to be reminded that there are many benefits afforded to us and to our children in this new age in which we live. Uhls facilitates a collective parental sigh of relief that the use of digital media, if harnessed properly, can be an enriching experience. She leaves parents optimistic that further research will continue to be positive.

LAURA MAHON (Winter 2016)

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