

# SCORE

**SCREEN  
TIME**

**vs**

**BOOKS**

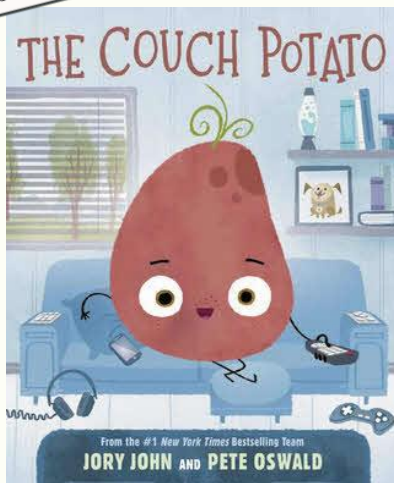
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**BATTLE SCREEN TIME WITH  
8 BOOK RECOMMENDATIONS  
FOR THE FAMILY!**

**SCROLL DOWN TO START!**

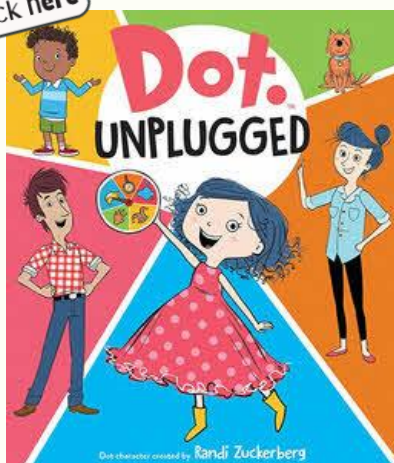
# FOR CHILDREN



## **The Couch Potato**

By: Jory John and Pete Oswald  
Publisher: New York, NY: Harper, an imprint of HarperCollinsPublishers, 2020  
Section: Early Literacy Picture Books  
Call No.: English JOH

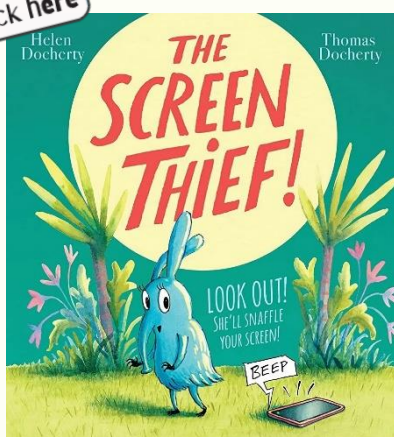
The Couch Potato has everything he needs within reach of his sunken couch cushion. But when the electricity goes out, Couch Potato is forced to peel himself away from the comforts of his living room and venture outside. And when he does, he realizes fresh air and sunshine could be just the things he needs.



## **Dot Unplugged**

By: Randi Zuckerberg  
Publisher: London: Walker Entertainment, 2020  
Section: Early Literacy Picture Books  
Call No.: English DOT

It's pouring with rain and now the power's gone out at Dot's house. What should they do to pass the time with no tech? It turns out that improvised game keeps Dot's family so entertained, they just might decide to stay unplugged a bit longer!



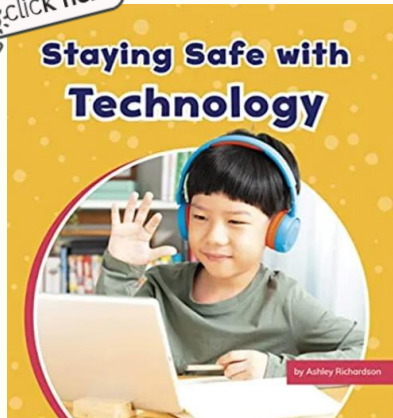
## **The Screen Thief!**

By: Helen Docherty and Thomas Docherty  
Publisher: London : Alison Green Books, 2021  
Section: Early Literacy Picture Books  
Call No.: English DOC

Screens away, it's time to play! When the Snaffle arrives in the city, she just wants to play. But nobody notices her: they're all too busy staring at their screens. The Snaffle discovers that she likes screens, too, as a snack! She quickly chomps down every last phone, tablet and TV in the city. She even eats the cinema screen. People are horrified, until they realise that life is much more fun when you actually play together!

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# FOR CHILDREN



## **Staying Safe with Technology**

By: Ashley Richardson

Publisher: North Mankato, Minnesota: Pebble, a Capstone imprint, 2022

Section: Early Literacy Picture Books / Non-Fiction

Call No.: English 004.67 RIC

Technology is all around us all the time. Readers will learn ways to stay safe while using technology and important steps to take if they run into problems.



## **Manners with Technology**

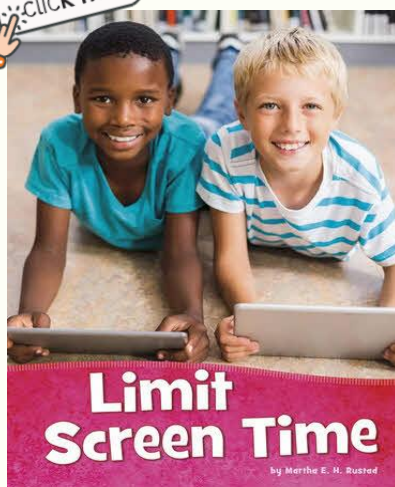
By: Bridget Heos

Publisher: Mankato, MN: Amicus Illustrated, 2016

Section: Early Literacy Picture Books/ Non-Fiction

Call No.: English 395.5 HEO

A young monster who takes her sister's tablet computer without asking gets a lesson in online etiquette and appropriate use of electronics.



## **Limit Screen Time**

By: Martha E.H. Rustad

Publisher: North Mankato, Minnesota: Pebble, a Capstone imprint, 2021

Section: Children Non-Fiction

Call No.: English 004.67 RUS

We watch videos on our smartphones and tablets. We read books on E-readers. Devices with screens are part of our everyday lives. But too much time on these devices can be unhealthy. Engaging text and colorful photos explain how to cut the screen time.

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# FOR PARENTS



## Shimi Kang, MD **THE TECH SOLUTION**



Includes a 6-step plan for success

"Straightforward guidelines for how to protect our most important resource: the next generations' brains." **DANIEL LEVITIN, PhD**, *New York Times* bestselling author of *Successful Aging*

### **The Tech Solution: Creating Healthy Habits for Kids Growing Up in a Digital World**

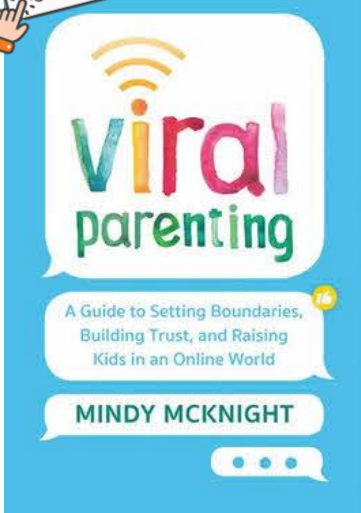
By: Shimi Kang

Publisher: Toronto, Ontario: Viking, an imprint of Viking Canada, 2020

Section: Adults General Non-Fiction

Call No.: English 649.1 KAN-[FAM]

Harvard-trained psychiatrist Dr. Shimi Kang reveals the essential habits your child needs for a healthy relationship to digital technology that will nurture their full potential. New research shows alarming increases in stress, anxiety, depression, loneliness, and addiction among those who have grown up in a world of booming digital technology.



### **Viral Parenting: A Guide to Setting Boundaries, Building Trust, and Raising Responsible Kids in an Online World**

By: Mindy Mcknight

Publisher: New York, NY: Grand Central Life & Style, 2019

Section: Adults General Non-Fiction

Call No.: English 306.874 MAC -[FAM]

A guide to raising responsible, safe, and communicative kids in the digital world. From cell phone contracts, rules for earning an allowance, and creating a family mantra, this book teaches readers to solve problems before they happen.



To get monthly updates of the National Library Board's programmes for preschoolers, subscribe to the mailing list at [go.gov.sg/earlyread-progsfor0to6](https://go.gov.sg/earlyread-progsfor0to6)



<https://go.gov.sg/earlyread-progsfor0to6>

For more parenting resources, visit Parent Hub at [go.gov.sg/parenthub-nlb](https://go.gov.sg/parenthub-nlb)



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