

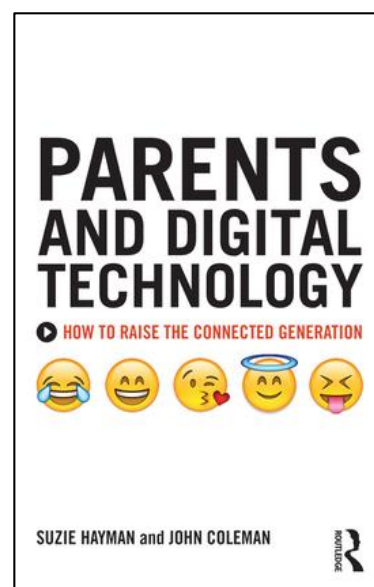
Oxford, UK, April 2016

## Guiding children through the positives and the pitfalls of the digital playground

*"This is a very novel and important book which explores parents' worries and opportunities when it comes to their children and the digital age. This is a must-read for parents as they try and cope with parenting and how technology fits into the family and child development."*

**Prof. Sir Cary Cooper, President of RELATE**

[Parents and Digital Technology](#) is an indispensable guide for parents who may feel they are struggling to keep up. Authors Suzie Hayman and John Coleman, both trustees for the family charity Family Lives, address the issues that young people and their families face in the world of modern technology, hoping to sound some warnings, offer some tips and inspire parents and their children to stay safe but also make use of what is on offer.



Using real life examples, Suzie Hayman (a parenting counsellor) and John Coleman (a distinguished psychologist) use their combined expertise to explore the challenges and possibilities of being constantly connected. The book will help parents to feel confident and competent when making choices about communication, boundaries and rules.

*"Our aim" they say, "is to explore digital technology and internet use, and help you work out how you and your family may best make use of what is enormous potential. If you are concerned, we hope to reassure you that you are not the only ones."*

Essential reading for all parents and guardians, as well as those caring for children and teenagers in a professional setting, *Parents and Digital Technology* explores the serious potential threats that come with the use of technology, such as cyberbullying and sexting. But the authors also stress that the internet is full of enormous potential, explore positive aspects of the digital playground and hope to inspire parents to see this side too.

*"Yes there are some worrying issues online, but this book deals with what they are in a realistic and pragmatic way. I feel equipped to deal with them as they may arise. Some fantastic general parenting tips too; I feel inspired to read raise a happy teenager now!"*

Charlotte Crosby, mother of 8- and 10-year-old boys

Succinct and straightforward, this is the first comprehensive exploration of the raising of 'digital natives' and provides a toolbox for parents, full of tips, strategies and techniques designed to help them navigate the digital world.

– ENDS –

**About the Authors:**

**Suzie Hayman** is a Relate-trained counsellor, an accredited parenting educator, an agony aunt, trustee of the family charity Family Lives and the author of 30 books on parenting.

**John Coleman** is a psychologist whose primary interest is adolescence and a trustee of the family charity Family Lives. His pioneering work with parents and families has been widely recognised, and in 2001 he was awarded an OBE for his services to young people.

**NOTES FOR EDITORS**

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When referencing the book, please include: *Parents and Digital Technology* by Suzie Hayman and John Coleman, published by Routledge (Taylor & Francis Group).

\*Learn more about *Parents and Digital Technology* at [www.routledge.com/9781138933163](http://www.routledge.com/9781138933163)

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