

# Poznámky/odkazy/bibliografie

## Úvod

1. Tento digitální restart je určen rodinám s dětmi od kojeneckého věku do čtrnácti let a byl jimi testován. Základní principy fungují i pro osoby starší, i když s nutnými úpravami. Příklady restartu dospělých najdete ve dvanácté kapitole a tipy na digitální restart dětí starších čtrnácti let v části Nejčastější otázky a odpovědi (FAQ).

## 1. Problém rodičovských výzev pro novou generaci

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## 2. Odpojte se okamžitě!

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## 3. Sledujte u svých dětí talenty, zájmy a další příležitosti k růstu

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### 9. Skvělé využití obrazovek: Technologie a volný čas

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## 12. Technologie pro mámu a tátu

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