

Contents

Preface | vii

Acknowledgments | xi

1. Introduction | 1
2. Technology in Our Lives | 19
3. Is Our Technology Making Us Any Happier? | 35
4. The Pull of Our Screens | 57
5. The Effects of Technology on Children and Families | 81
6. Foundations of the Relationship | 103
7. Building the Relationship | 113
8. The Green Light Level: Prevention | 129
9. The Yellow Light Level: Addressing Emerging Concerns | 161
10. The Red Light Level: When Strong Intervention Is Necessary | 179
11. Parenting, Technology, and Schooling | 201
12. Summary | 219

APPENDIX 1: FAMILY ASSESSMENT OF SCREEN TIME (FAST)	237
APPENDIX 2: QUICK-REFERENCE GUIDE TO STRATEGIES FOR A TECH HAPPY LIFE	241
APPENDIX 3: FAQS FOR A TECH HAPPY LIFE	249
APPENDIX 4: TECH HAPPY LIFE: RESOURCES	269
NOTES	271
INDEX	307