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Less Control, More Connection

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How to Use This Book

This book was created for parents and caregivers who want a calmer, more practical way to handle phones, social media, screen time, and digital habits with children ages 8 to 14.

You do not need to be a technology expert to use this book. You do not need to understand every app your child uses. You do not need to become a perfect parent. You only need to begin with calm, clarity, and consistency.

Read the book from beginning to end, or go directly to the section that fits your current challenge. If bedtime is the biggest problem, begin with Chapter 3 and the bedtime rules. If your child argues every time screen time ends, read Chapter 12 and Bonus 3. If you are worried about online safety, read Chapter 13.

The 30-day reset does not need to be perfect. Some days will go well. Some days will be messy. Healthy digital habits are built through repeated small decisions: one calm conversation, one phone-free meal, one night with the phone outside the bedroom, one honest review, and one repaired mistake.

Use this book as a guide, not a rigid script. Adapt the language, rules, and routines to your child's age, maturity, personality, and needs. The goal is not to control your child forever. The goal is to help your child build healthy digital independence.

> *Core idea: technology has a place in family life, but it does not get to take over sleep, focus, safety, confidence, connection, or real life.*