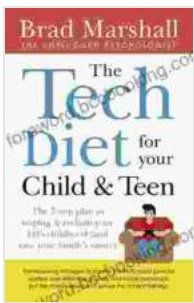


Unplug and Reclaim Your Kid's Childhood (and Your Family's Sanity!)

Are you tired of your kids being glued to their screens? Do you feel like you're constantly fighting with them to put down their devices? If so, you're not alone. In our increasingly digital world, it's more important than ever to find ways to unplug and reconnect with our families.



The Tech Diet for your Child & Teen: The 7-Step Plan to Unplug & Reclaim Your Kid's Childhood (And Your Family's Sanity) by Harley Rustad

★★★★☆ 4.6 out of 5

Language : English
File size : 2880 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 287 pages



The Step Plan to Unplug Reclaim Your Kid's Childhood and Your Family Sanity provides a practical, step-by-step guide to help you reduce screen time and reconnect with your family. This book will help you:

- Identify the signs of screen addiction in your kids
- Set limits on screen time
- Create screen-free zones in your home

- Find alternative activities for your kids
- Talk to your kids about the importance of unplugging

The Step Plan to Unplug Reclaim Your Kid's Childhood and Your Family Sanity is a valuable resource for any parent who wants to help their kids unplug and reconnect with their families. This book will help you create a healthier, happier home for everyone.

Here's what people are saying about The Step Plan to Unplug Reclaim Your Kid's Childhood and Your Family Sanity:



“ "This book is a lifesaver! I've been struggling to get my kids to put down their screens, but this book has given me the tools I need to succeed. I'm so grateful for this resource." ”



“ "I'm a single parent, and I work full-time. It's hard to find time to spend with my kids, but this book has helped me to make the most of our time together. I'm so glad I found this book." ”



“ "I've been using the tips in this book for a few weeks now, and I'm already seeing a difference in my kids. They're more engaged with their family and friends, and they're spending more time playing outside. I'm so glad I bought this book." ”

If you're ready to unplug and reclaim your kid's childhood (and your family's sanity), then Free Download your copy of The Step Plan to Unplug Reclaim Your Kid's Childhood and Your Family Sanity today.

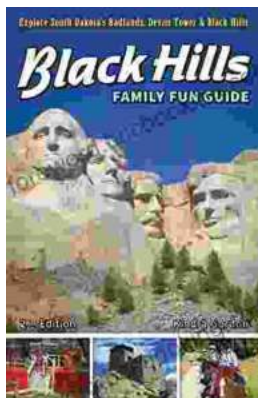
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