Today’s piece was prepared by Samar Hamdan, MBBS from a Washington Post article, [How to raise a happy kid in the digital age?](https://www.washingtonpost.com/news/parenting/wp/2018/08/10/how-to-raise-a-happy-kid-in-the-digital-age/?utm_term=.d593423ed048)

In her short but motivating article, Caroline Knorr discusses how kids can live happily in the digital age. Unfortunately, in the last few years, the number of U.S. children and teens with symptoms of depression surged significantly. Much research suggests an association between the increase in media use and smartphone availability and the observed change in the mental and psychological health. The author does not disagree but asserts that turning everything off does not ensure happiness. Instead, she reports we can use the media to help us raise happy children.

Knorr reminds us that happiness usually depends on developing supportive relationships, feelings of self-worth and building strong characters. She provides recommendations for parents to build happiness using the digital media. The first suggestion is instilling what’s called a “growth mind-set” that encourages children to deal with disappointments wisely even when playing video games. The second idea is engaging in activities that promote the sense of accomplishment. The third idea is discussing what you are grateful for in this world, possibly inspired by a video, with your children. A fourth idea is using digital media to encourage your children’s curiosity and inspire them to go explore and play outside. Her last recommendation for all parents is to take advantage of the social media to build connection with others.

The author provides parents a framework to keep in mind that generally appeals to common sense, although reference to data-driven support in the article is slim. Importantly, her suggestions may sound great, but in this busy world, they can be easier written than done. Practical suggestions that are readily applicable can be more useful and effective.

**RESOURCES FOR PARENTS TO PROMOTE HEALTHY USE OF MEDIA:**

[BiteBack](http://www.biteback.org.au/) *Mental fitness challenge for teens using cognitive-behavioral strategies, from the Australian Department of Health*

[Greater Good](http://greatergood.berkeley.edu/) *Well-being. Exercises & videos on Mindfulness, Compassion, etc. from U.C. Berkeley*

[Media Education: What Parents Can Do](http://www.healthychildren.org/English/family-life/Media/Pages/default.aspx)*Audio & written discussions on many topics - HealthyChildren.org*

**Literature on parenting and media:**

[Parenting and Digital Media.](http://pediatrics.aappublications.org/content/140/Supplement_2/S112)  Sarah M. Coyne, Jenny Radesky, Kevin M. Collier, Douglas A. Gentile, Jennifer Ruh Linder, Amy I. Nathanson, Eric E. Rasmussen, Stephanie M. Reich, Jean Rogers. Pediatrics, Nov 2017, 140 (Supplement 2) S112-S116

[TECH Parenting to Promote Effective Media Management](http://pediatrics.aappublications.org/content/142/1/e20173718) Joy Gabrielli, Lisa Marsch, Susanne Tanski. Pediatrics, Jul 2018, 142 (1) e20173718

And that’s today’s Developmental & Behavioral Pediatrics: IN THE NEWS!