JODIGOLDmd

About Jodi

Dr. Jodi Gold is a board certified adolescent and child psychiatrist in private practice and a clinical assistant professor at Weill Cornell Medical College.

A nationally recognized expert, Dr. Gold regularly speaks, writes and makes media appearances around her developmental approach to parenting in the age of digital technology, which led to her book *Screen-Smart Parenting: How to Find Balance and Benefit in Your Child's Use of Social Media, Apps, and Digital Devices*, released in November 2014.

She resides in New York City with her husband and three children.
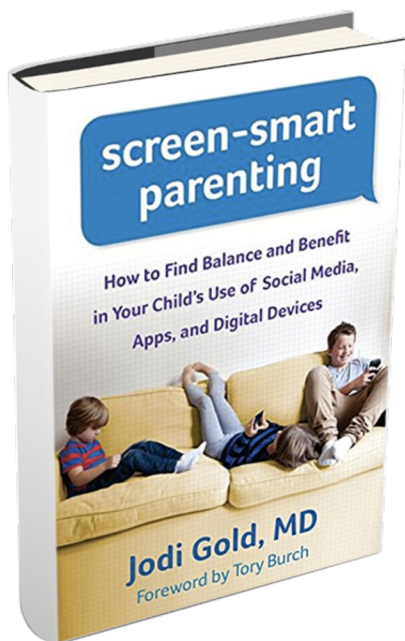
About *Screen-Smart Parenting*

In her debut book, Dr. Gold endeavors to arm parents with the latest research and practical strategies to navigate the digital frontier.

With equal parts professional authority and parental empathy, she guides parents through the vast array of social channels, suggests realistic, doable expectations for the whole family, and offers age-appropriate tips, guidance and practical tools.

In support of developing online resilience and a healthy digital footprint promoting self-expression, she writes to parents: "..your family can make the best possible use of technology and remain adept, smart, safe users of the most exciting tools we've ever had."

THE HUFFINGTON POST   The Washington Post   dotcomplicated by Randi Zuckerberg

CNN   ((SiriusXM)) SATELLITE RADIO   NY1   JPR | Jefferson Public Radio   blogtalkradio   Parents   Aol.

DOCTOR RADIO NYU   msn   PIX11   common sense media   TECHMAMAS

thegoldcenters.com
facebook.com/jodigoldmd
@drjodigold

For press, booking, and other requests:
Andrea Murff, 917.601.1767
amurff@thegoldcenters.com

JODIGOLD md

Public Speaking & Consulting

Dr. Gold has lectured internationally for audiences of physicians, educators, and parents in diverse settings. From conversations around general psychiatry and mental health, to parenting, to developmental milestones for children using digital technology, she is happy to work with clients in identifying the strongest content for your group.

kidslink — **Care.com** — **Understood** *for learning & attention issues* — **BARNES &NOBLE** — **common sense media**

Technology & The Digital Landscape

- Helping Parents Navigate the Digital Landscape
- Toddlers & Technology
- The Right Age for Tech Tools
- How Technology Affects Social & Emotional Learning
- Cyberbullying
- Sexting
- Digital Kindness

Parenting

- The Emotional Roller Coaster of Modern Parenting
- Child & Adolescent Pharmacology
- Parenting & Divorce
- Parenting & Attachment
- Body Image & Self-Esteem
- Depression & Suicide
- Anxiety

General Psychiatry & Mental Health

- Reproductive Psychiatry
- Psychotherapy of Anxiety
- Mood Disorders

CYBER BILL OF RIGHTS

Technology is a privilege, not a right.

Technology is a tool, not an end point.

Your digital footprint begins at birth.

Privacy doesn't exist in cyberspace.

The "delete" key should be renamed the "archive" key.

Be kind online.

Be an upstander, not a bystander.

Don't share your passwords or personal information.

Get permission to join or download new games or social media sites.
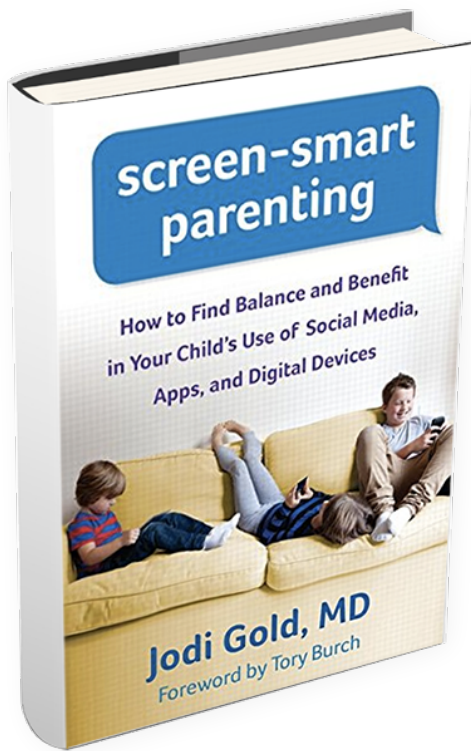
Limit technology in the bedroom.

Don't sleep with your phone.

Create tech-free family times daily (parents included!).

Your digital identity should reflect your true identity.

screensmartparenting.com
facebook.com/jodigoldmd
@drjodigold

For press, booking, and other requests:

Laura Rossi Totten, 401.487.2453
laura@laurarossipublicrelations.com

Screen-Smart Parenting Highlights

Even for today's most tech-savvy parents, managing kids' technology use is a huge challenge fraught with uncertainties:

- *In what capacity can screen time boost learning and development, and what impact do parents' technology habits have?*

- *At what age should certain technologies be integrated into a child's life?*

- *How can kids and teens be protected and also learn to be good digital citizens?*

In her busy psychiatry practice – and while raising her own kids – Dr. Gold witnesses the oft-surprising benefits and the troubling downsides of technology. In her signature positive, accessible approach, *Screen-Smart Parenting* gives a wealth of practical strategies for navigating the digital frontier and creating realistic, doable rules and expectations for the whole family.

Combining the collected knowledge of pediatrics, psychiatry and parenting, Dr. Gold examines how children can full benefit from technology while minimizing the downsides. As our digital landscape changes, parents are challenged to answer questions never imagined previously; *Screen-Smart Parenting* provides an essential blueprint for parents navigating media use at every stage of their child's development.

Foreword by Tory Burch.

SCREEN-SMART PARENTING:
How to Find Balance and Benefit
in Your Child's Use of Social
Media, Apps, and Digital Devices
By Dr. Jodi Gold

GUILFORD PRESS

"Just as our mothers and fathers worried about too much TV, today's parents worry about their children getting lost in cyberspace. **With Screen-Smart Parenting, Dr. Jodi Gold has provided the milestone book that will give important insights to every parent.**"

TORY BURCH
CEO, designer, mother of three

"**No one understands the digital landscape and its complex presence in our children's lives better than Jodi Gold**. As parents, many of us are new to the digital world, while our children are naturals. This guide gives spot-on strategies for closing that gap and making the whole family's approach to technology effortless."

HOLLY PHILLIPS, MD
CBS News Medical Contributor

"An essential read for any parent or caretaker concerned about the effects of our children being constantly plugged in. Dr. Gold provides **invaluable information and guidance**, and helps us feel calmer and more comfortable in these heretofore uncharted waters."

DEBRA MESSING
Actress & mother

As a child psychiatrist, I hear well-meaning parents feeling bad about their digital choices for their children. The goal is to make thoughtful and informed decisions for your family and not passively float through the digital sea. Since kids spend more time on technology than sleeping or attending school, we need to make sure that their digital journey makes them smarter, happier and kinder.

Here are 5 positive messages to assist in digital parenting:

1. A place to play: Play and exploration form the cornerstone of early identity formation. If only I had a nickel for every parent who bemoaned the "death of play." The real treasure of digital technology is that it offers older children the opportunity for imaginative play. In cyberspace, tweens and teens can create avatars or alternate realities. Minecraft allows children to play with blocks and create complicated structures and worlds; it cultivates innovation, creativity and patience (while most adults quickly lose patience with its idiosyncratic design).

2. Apps that are good for the brain: Tech savvy early educators agree that the touchscreen and tablet revolution may be as important an educational discovery as the chalkboard. There are myriad of fantastic apps for kids ranging from 3 to 8 that focus on literacy, writing and basic number sense. Older children will grow intellectually from using technology as a tool for creativity, presentation and discovery. Use little kids apps and big kid programs as tools to engage your children and cultivate them intellectually.

3. Does gaming prepare you for life? There is no question that playing certain types of video games cultivates fine motor and cognitive skills. They have been found to improve metacognition, visual memory, attention and concentration, response time performance, and visual-spatial skills. Gamers will tell you that they learn collaboration, teamwork and online etiquette from their games. The challenge is moderation. Take an interest in your child's game of choice and collaborate with your child to set reasonable limits from the beginning.

4. Use social media for social change: Social media is the perfect place to teach kindness, resilience and digital citizenship. It is true that the anonymity of the Internet allows easily for cyberbullying, but it also makes it easier to stand up to bullies. Social media offers tween and teens a place to make good choices and skin their knees safely as they develop the resilience and confidence needed to navigate their world online and offline. They might not be able to do it alone and can use their parents to find positive role models and navigate sticky situations. If you are involved in your child's digital life, you can offer advice on how to be kind online. Social media offers kids a place for social change and parents an effective forum to encourage kindness and citizenship.

5. Use social media to present your best self: Teenagers who present their "best self" (not their fake, perfect self) rate higher on measures of self-confidence and self-esteem. If your teenager has good social skills and self-esteem, social media can help her to feel more connected and more understood. A teenager's online life can be become a calling card or portfolio, showcasing their music online or write a fashion blog. They can design games and write code with kids from all over the world. The key is that your online identity must mirror your true identity, and the challenge is managing envy or becoming overly focused on the number of friends or likes. Encourage your teenagers to use digital technology to showcase and explore their interests and passions.

Bonus benefit for parents:

Sometimes a teenager's online identity is a window into their soul. If you are concerned about your tween or teenager, you may not need to look further than Instagram, YouTube or Snapchat to recognize that your child is in trouble. Generally the technology is not the cause of the anger or isolation, but it is often the outlet in which it is expressed. Taking an occasional tour of your child's digital identity may help you to understand your tween/teenager better and take care of them if they are in crisis.

Dr. Jodi Gold

NOT LEFT
TO THEIR OWN DEVICES

Screen-Smart Parenting Author And New York City Mom Dr. Jodi Gold Helps Parents Sort Out Technology's Place In Childhood

By Hillary Chura

In *Screen-Smart Parenting: How to Find Balance and Benefit in Your Child's Use of Social Media, Apps and Digital Devices*, child psychiatrist and Manhattan mother-of-three Dr. Jodi Gold guides parents as they help their children navigate the changing digital world. Inspired to research the issue after questions about appropriate screen time came up time and time again both in and out of her office, Gold approaches the topic from developmental, medical, and parental perspectives. In a pithy, well-researched, and reassuring book, she promotes good digital citizenship, walks parents through the pros and cons of evolving technology, and helps them choose good age-appropriate apps as their children develop, mature, and become resilient media consumers and producers.

Is a "no technology at home" rule a good idea?
Having no screen time doesn't work at all. And it doesn't give your kids the skills they need to live with technology. Children under 3 are a separate category—for mature children, they have to learn to use their devices. This is a part of growing up in 2015. The goal is to teach them how to use technology as a tool, to be smarter, more creative, and more connected... The other piece is the parents' technology diet. So for children under 8, parental technology use is directly related to how much time children spend on their devices.

What is the optimal amount of screen time before it becomes disruptive?
I really discourage setting exact numbers—it's really about *how* we use it, not *how much* we use it. If my daughter wants to write the great American novel online for eight hours a day, I'm happy to let her be on [the computer] eight hours a day. If my son is playing Temple Run eight hours a day, I'd never allow that. It's difficult for parents to have that conversation with their kids. What you can do is start to teach kids that if they want to be on their devices, they need to find a way to use their devices productively. It might be using iPhoto or writing on a blog.

What are some dos and don'ts for kids at different stages?
It's important that [technology] not interfere with real-life interaction up to the age of 3... Between age 3 and middle elementary school, there is an incredible amount of educational and interactive apps your kids can play with. For toddlers, iPads are great, [and] iPads are easy to navigate from a fine-motor perspective. Kids can pinch and swipe at a very young age. Kids can feel in control and feel good about being able to navigate a tablet. There is nothing wrong with allowing your children to explore an interactive tablet or to play with some educational apps as toddlers. Again, real-life play always trumps technology in the younger ages... Prior to age 8, a parent can have a lot of control over how their children use technology. After age 8, children begin to have their own independent relationship with technology, whether parents want it or not... They're more likely to interact with peers and see what their friends are doing, and lots of schools are introducing technology at these early ages... Another thing—everyone wants the answer in number of hours, but I can't answer that. But I can tell you that you need to use a positive enforcement model, which basically means if the children get up early in the morning, brush their teeth, and have their backpacks by the door—and if they have 10 minutes extra—I would say to let your child play on their device for 10 minutes.

So it's okay for kids to be using these devices, but the pressure is on parents to pay attention.
Across almost all age spans, it's conclusive that, if you want to get the most positive effect out of technology, it comes from co-engagement, which means going online or engaging in all kinds of activities with your kids. The deal is [that] parents have to pay attention even though it's not realistic that they be online with their kids all the time. What I find is that parents of elementary school kids do pay attention. Parents of middle school kids try to pay attention, but they often get overwhelmed... It is true that by middle school, your children may know more about technology than you do. You don't need to be ahead of your kids. This is a myth. You don't need to know what the next Snapchat is or the next Minecraft is. All you need to know is what your kids are doing online. You need to take an interest in your child's online interests.

What about monitoring or limit-setting software?
Personally, I don't believe in "spyware." It doesn't work in the long term, and it sends a powerful message to your children that you don't trust them. I do believe in monitoring your child's online activities and digital footprint... By grade school, they're definitely going to be using the internet for school. Most kids have some type of smartphone. This is the time you really have to collaborate with your kids to come up with rules and a media plan. A family technology plan is a family agreement on how technology is going to be used in your family. It should reflect your families' values, priorities, and realities. The goal is to cultivate digital citizenship and online resilience. The plan needs to be realistic and should emphasize consistency over quantity of rules and restrictions. You and your partner should be on the same page about the rules. You will need to address what I call the 5Ws: When, where, what, who, what if.

The most important "W" is who. What type of person do you want to be online? Flirty? Friendly? Kind? Smart? Your ideal self? Your best self? It's less important for [the plan] to be typed out and written out with a number of

screen-smart parenting

How to Find Balance and Benefit in Your Child's Use of Social Media, Apps, and Digital Devices

Jodi Gold, MD
Foreword by Tory Burch

hours a day specified. The goal is to start an ongoing dialogue with your children where you work together to manage the technology in your lives.

How about media usage with tweens and teens?
What's very important is to have discussions with tweens about your values about sex and technology—and that you help your teen internalize your family's views and values with technology. In middle school, parents are still going to play a large role... By high school, parents often feel like they have lost control. The more rules that are collaboratively put together in middle school, the easier it is to navigate in high school.

So when do you let your kids go on social media?
Eventually, your kids are going to be on social media in some form. Some kids embrace it at different levels than others do. It's really the way this generation communicates with each other. It's how they get jobs and how they make plans. So it is a part of their lives, and parents have to not be afraid of it... You have to teach your kids who you share with and when to share. That's something that has to be taught in middle school. For example, what you might text a friend might not be appropriate for Facebook or Snapchat. Those are some of the skills as a parent that you need to be involved with. Kids are going to make mistakes...I want your kids at some point to be on social media and to overshare and inappropriately share—in a small way so they can learn what's appropriate. It's very subtle. To be honest, lots of adults overshare and inappropriately share information, and it's something we as parents of middle school and high school students need to be teaching our kids. This is a skill.

TO LEARN MORE ABOUT DR. JODI GOLD, VISIT JODIGOLDMD.COM!

Tara Haelle,
CONTRIBUTOR
I offer straight talk on science, medicine, health and vaccines.
FOLLOW ON FORBES (67)
Opinions expressed by Forbes Contributors are their own.

SEP 30, 2015 @ 05:01 PM   **4,613** VIEWS

Five Science-Based Parenting Books You Should Add To Your Library

It's remarkable that there aren't free-standing brick-and-mortar stores with nothing but parenting books. Amazon lists more than 110,000 of them, and they're in that unique class of books where buying one or five doesn't prevent you from buying another dozen. The experience of parenting is simultaneously so overwhelming yet so individual and unique for each person that no single book could possibly capture the experience or meet all the needs for even one person looking for guidance (or catharsis).

So regardless of what your current parenting home library looks like, I'm here to offer five suggestions to add to it from an evidence-based science perspective, limited to those published in just the past year or two. One of them is a bit cheeky, I'll admit, because I coauthored and it's not on shelves yet, but it seemed remiss not to include it. I receive countless requests to review books and a couple dozen physical books in the mail each year, and all the books I review here were provided as review copies. However, I've only included the ones I've had time to read and found worthwhile.

Screen-Smart Parenting: How to Find Balance and Benefit in Your Child's Use of Social Media, Apps, and Digital Devices by Jodi Gold

As a pediatrician, Jodi Gold probably fields questions about TV, iPads, smartphones and other screen time questions daily. With three children of her own stretching from digital native to one old enough to remember when the iPhone came out, she has also wrangled with these questions in her own home. The combination is what makes her book smart, guilt-relieving and down-to-earth. You won't find a Luddite here. In fact, a key message running through her book is that you can't fight technology — it's here and it's here to stay, so the key should be finding healthy, balanced ways to engage with it and teaching those behaviors to your children. Of course, the first step, she emphasizes from the start, is being honest with yourself about your own usage. She recommends that each family log what technology and gadgets they use and how often so they can start there with developing a plan that's right for their family.

It's rare to find a book — much less an evidence-based book — that offers something for parents of infants up through teens, yet Screen-Smart Parenting does just that. Part two of the book is divided by ages: 0-2, 3-5, 6-8, 8-10, 11-14 and 15-18. From whether toddlers should play with iPhones to when a school-age child should get their first phone to whether to follow your kids on social media to how to deal with cyber-bullying or sexting, Gold covers a broad field aptly. She doesn't shy away from tough topics — she addresses depression, anxiety and suicide — but she never suggests that one solution is right for everyone. She also recognizes the limitations of relying on evidence for a field changing so rapidly that her book was dated the day she typed her last word. She summarizes what we know to date, how reliably we know it and the much bigger areas we need more research in. But the attitude with which she approaches technology and parenting will not grow outdated. My children are still young — the first in kindergarten — yet I can see myself referring back to this book well into their adolescence (and hopefully she'll have a new edition by then!).