



---

Volume 61 | Issue 2

Article 14

---

12-1-2018

## Riley's "Be the parent, please: Stop banning seesaws and start banning Snapchat: strategies for solving the real parenting problems" (book review)

Laura E. Walton  
*Cornerstone University*

*The Christian Librarian* is the official publication of the Association of Christian Librarians (ACL). To learn more about ACL and its products and services please visit [//www.acl.org/](http://www.acl.org/)

Follow this and additional works at: <https://digitalcommons.georgefox.edu/tcl>

 Part of the [Family, Life Course, and Society Commons](#), and the [Social Media Commons](#)

---

### Recommended Citation

Walton, Laura E. (2018) "Riley's "Be the parent, please: Stop banning seesaws and start banning Snapchat: strategies for solving the real parenting problems" (book review)," *The Christian Librarian*: Vol. 61 : Iss. 2 , Article 14.  
Available at: <https://digitalcommons.georgefox.edu/tcl/vol61/iss2/14>

This Book Review is brought to you for free and open access by Digital Commons @ George Fox University. It has been accepted for inclusion in The Christian Librarian by an authorized editor of Digital Commons @ George Fox University. For more information, please contact [arolf@georgefox.edu](mailto:arolf@georgefox.edu).

# Book Reviews

---



Riley, N. S. (2018). *Be the parent, please: Stop banning seesaws and start banning Snapchat: strategies for solving the real parenting problems*. West Conshohocken, PA: Templeton Press. 251pp. \$24.95. ISBN 9781599474823

Naomi Schaefer Riley, writer for the *New York Post*, mother to three children, and Harvard alumna, writes a warning to parents and caregivers about the dangers associated with allowing children too much access to and time with screens. Riley writes about the known and unknown risks linked to allowing children so much access to a screen that will only be revealed as time goes on. She warns parents that allowing babies and small children large amounts of screen time, whether with a TV, tablet, or phone, leads to delayed physical development and problem-solving skills that would normally come through independent play time. Riley also points to data that shows the diminishing attention span of children who are growing up with ample access to screens, and warns of the harm that comes from too much social media interaction and the availability of pornography and predators that children can encounter through their digital devices. Although Riley paints a grim picture of what can come when parents rely on digital devices to occupy and entertain their children, she does offer simple solutions and practical steps to help families disconnect and become more in tune with the physical world surrounding them.

Many volumes have been written recently regarding the negative side of technology and the impact digital screens have on children. Jean Twenge's *iGen* mentions many of the same themes but through the lens of the iGen generation rather than through the lens of parenting. Although Riley does not have any advance degrees and she writes predominantly to parents and caregivers, her claims are backed up by research that is well documented in a lengthy notes section. She also gives parents and caregivers practical suggestions to help reduce the time their children spend in front of a screen. A comprehensive index also makes this book a useful resource for students and faculty in many different fields of study. This book would be a good supplement to academic libraries supporting a psychology, education, or even a ministry program.

## Reviewer

Laura E. Walton, Cornerstone University