



Does your child already have a mobile phone or will your child have one soon? The mobile phone will give children access to a new, virtual world with infinite possibilities. In order to manage this experience in a healthy and pleasant way, it is important to be aware of what the use of a mobile phone means for your child, for you as a parent, for family and friends, as a whole.

This book has two parts. In the first part, the cartoon of Maki shows children how the mobile phone affects their emotional world.

The second part is for parents and teachers. Author and psychiatrist Nick Blaser explains what a mobile phone does to our attention span, our perception and the experience of the here and now. In addition to the theory, the author also sketches recognizable situations and gives practical tips.

At the end of the book, there is also an example of agreement between parents and children, aimed to help establish rules and guidelines for mobile phones.

Your child and the mobile phone?

This book is part of that!