

THOMAS KERSTING

DISCONNECTED

HOW TO RECONNECT OUR
DIGITALLY DISTRACTED KIDS



The Impact of Electronics on Kids' Brains

Technology's effect:
Social Emotional Family

Solutions



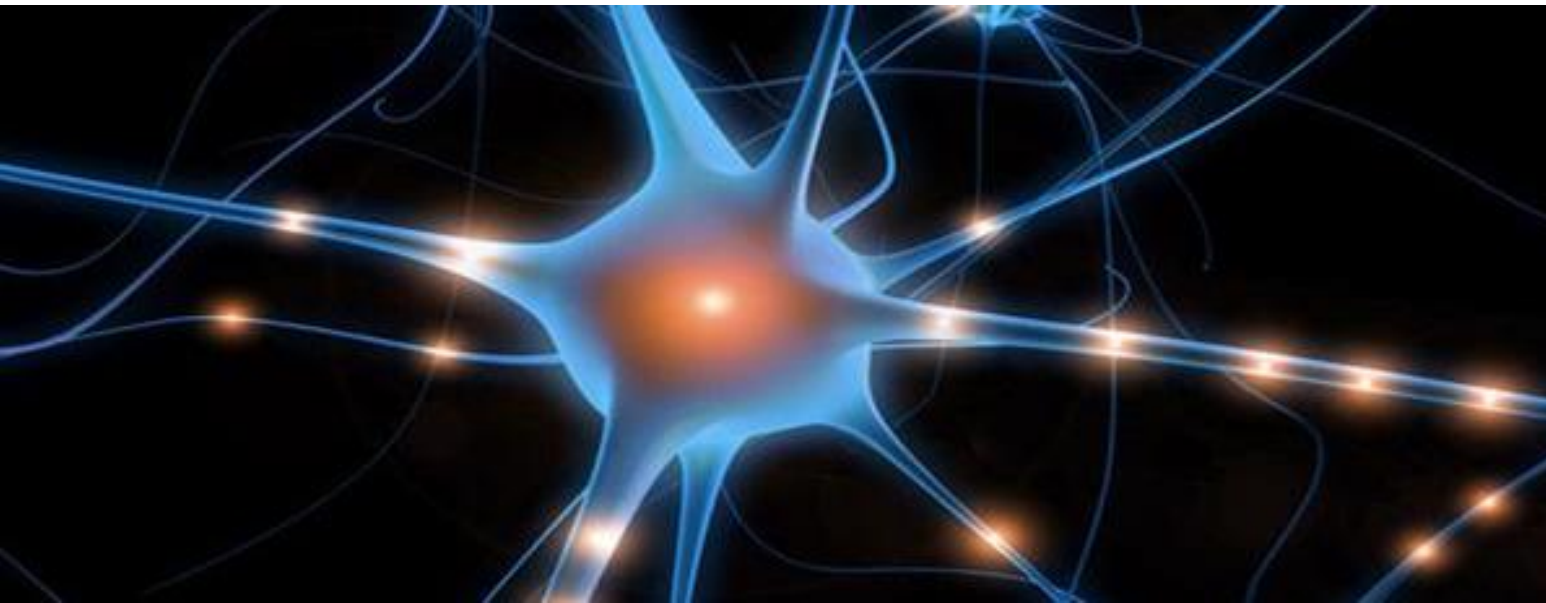
Digitally
Distracted



ADHD

Anxiety

Neuroplasticity





Cyber space Children: A Full-time Job

KAISER FAMILY FOUNDATION STUDY



Cyber Self-Esteem

SELFIES

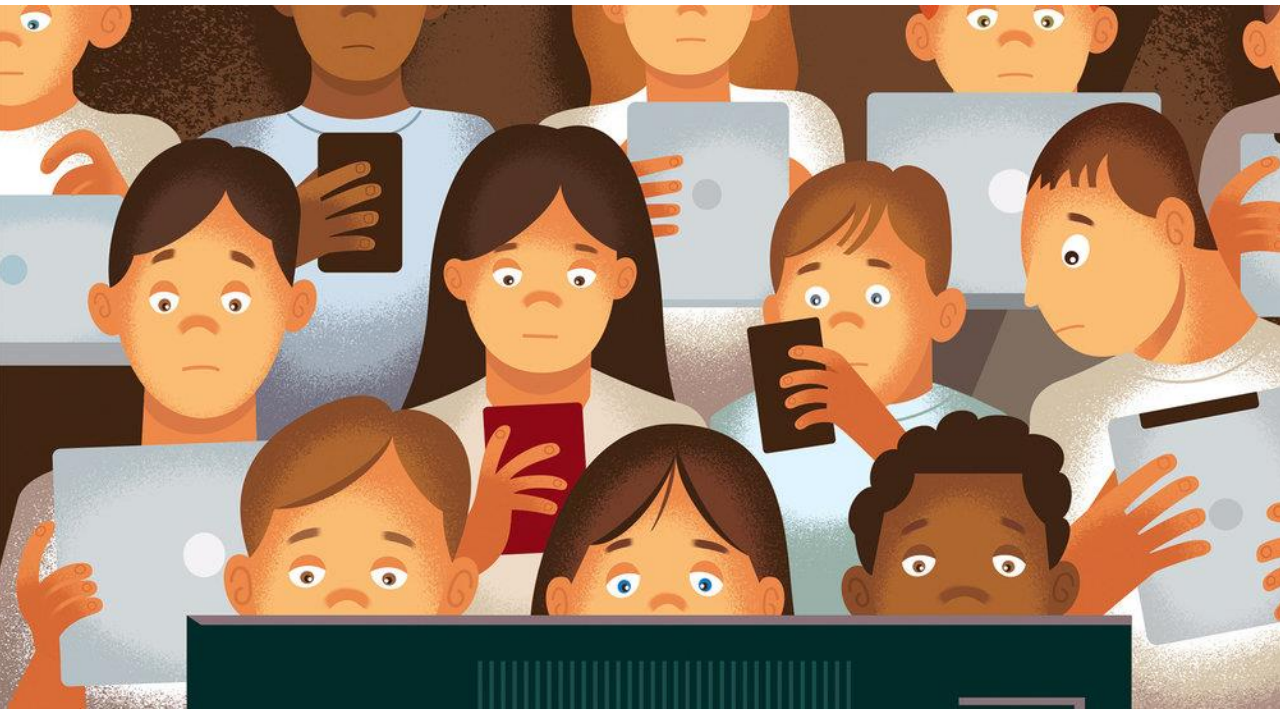
DEPRESSION

FOMO





The Multitasking Brains of Kids



SLEEP PROBLEMS
FRAGMENTED THINKING

https://www.youtube.com/watch?v=IGQmdoK_ZfY



MONKEY BUSINESS

Gaming Addiction

KIDNAPPING YOUR CHILD



GTA M RATED

25% of 8 to 10-year-olds have played this game

60% of 11 to 14-year-olds

72% of 15 to 18-year-olds



Brain Games Waiting Room

https://www.youtube.com/watch?v=b9O9SokTTA8&list=PLi_gGJbHTQkINE_SHvVViocTp_eC_qFPj



Parenting From a Distance

EQ vs IQ

Emotional
Development





CYBER
HABITAT

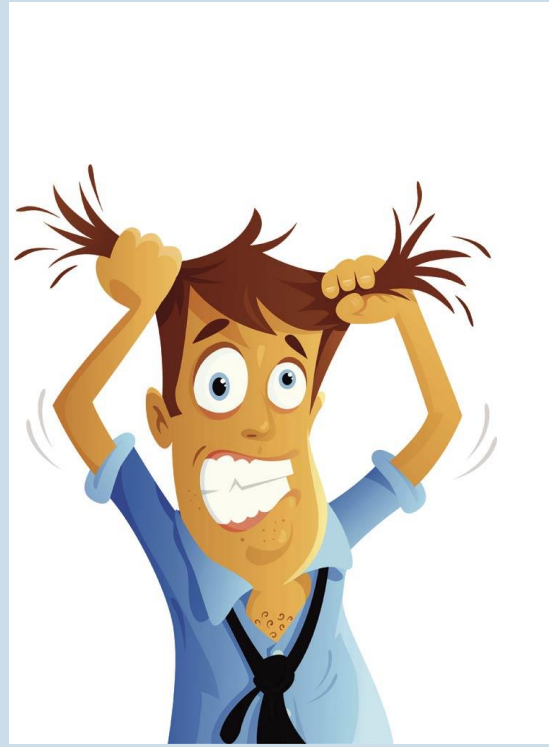
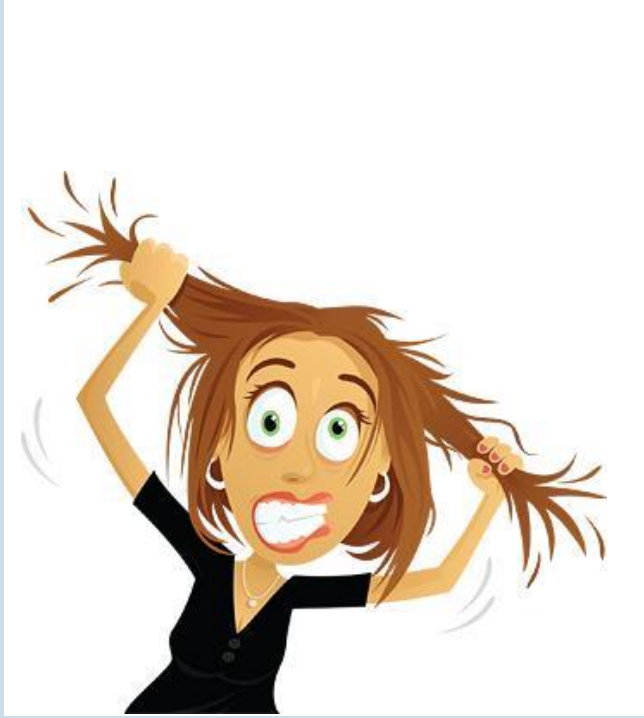
COPING



Raising Leaders Not Followers



Social Conformity



Hypnotized By Fear

MASS HYSTERIA

NEWS PARANOIA

STRESS

SOLUTIONS

CLEAN UP!

GET SCREENS (AND TVS)

OUT OF BEDROOMS



SOLUTIONS

YOUR CHILD'S
PHONE IS YOUR
PHONE



SOLUTIONS

START WITH A BASIC
PHONE BEFORE A
SMARTPHONE



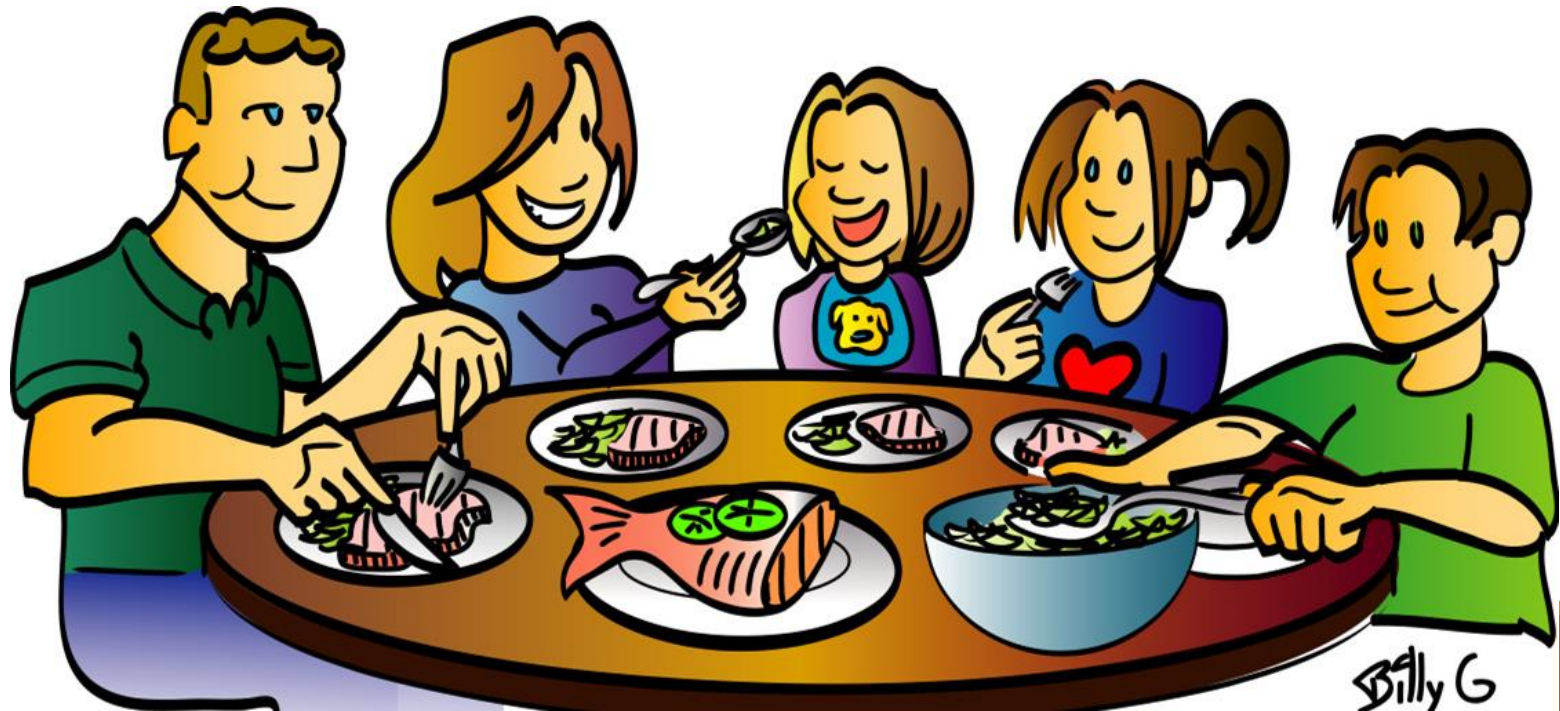
SOLUTIONS



NO ELECTRONICS

CAR TIME

DURING DINNER



Billy G

SOLUTIONS

NO VIDEO GAMES
DURING THE
SCHOOL WEEK



SOLUTIONS

NO SMARTPHONE
DURING
HOMEWORK TIME



SOLUTIONS

DEVELOP

LIFE SKILLS

Seek Silence



**KEEP
CALM
AND
LEARN
LIFE SKILLS**

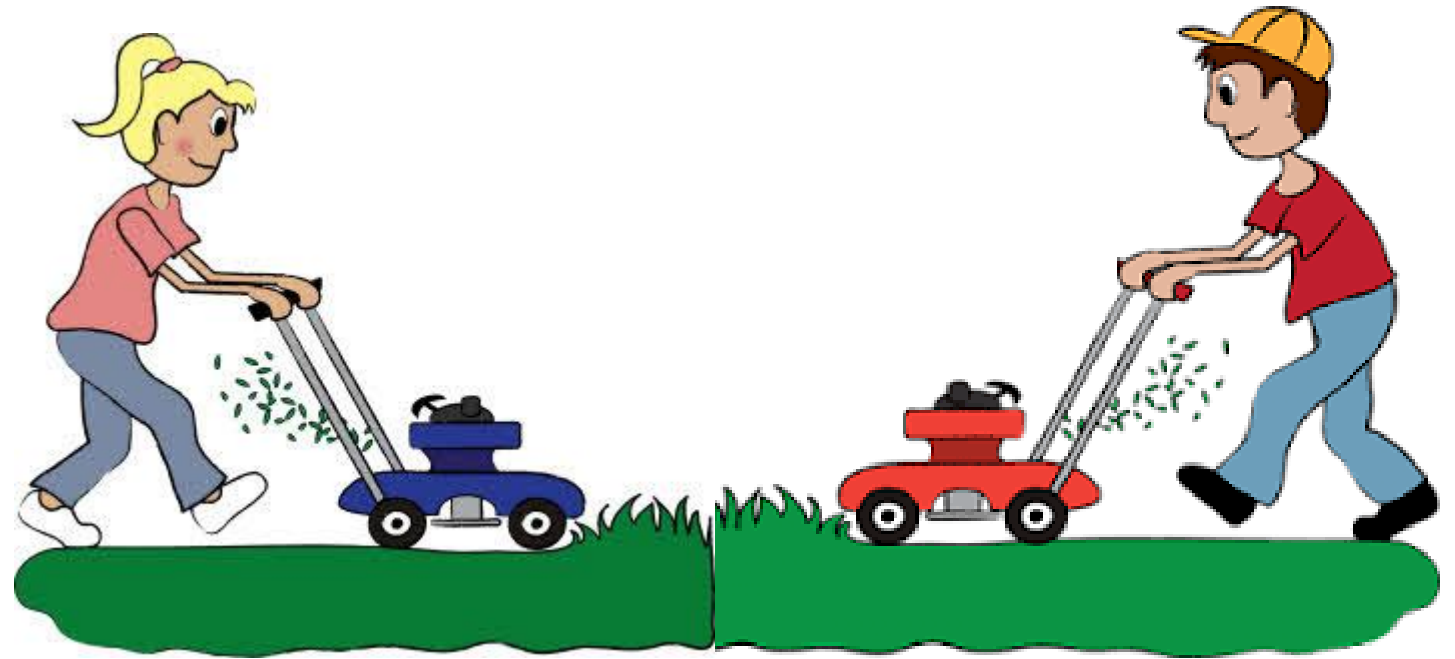
SOLUTIONS

GET A NEW
HOBBY



SOLUTIONS

GET A JOB!



SOLUTIONS

MONITOR ACTUAL
TIME SPENT ON
SCREENS

SPEND MORE TIME
CONNECTING IN
PERSON



The image shows the front cover of a book. The background is a photograph of a young person's face and hands, looking down at a smartphone. The person is wearing a dark teal t-shirt. The text is overlaid on the image in white. At the top, the author's name 'THOMAS KERSTING' is written in a clean, sans-serif font. Below it is a thin white horizontal line. The title 'DISCONNECTED' is written in a very large, bold, all-caps sans-serif font. Another thin white horizontal line is below the title. Underneath that, the subtitle 'HOW TO RECONNECT OUR DIGITALLY DISTRACTED KIDS' is written in a smaller, all-caps sans-serif font. At the bottom center, there is a white circular icon with two curved arrows forming a loop, representing a refresh or reconnect action.

THOMAS KERSTING

DISCONNECTED

HOW TO RECONNECT OUR
DIGITALLY DISTRACTED KIDS



“We are under the presumption that we are thinking but in reality we are being thought” - Niche

The image shows the front cover of a book. The background is a photograph of a young boy in a teal t-shirt, looking down at a smartphone he is holding with both hands. The text is overlaid on the image in white. At the top, the author's name 'THOMAS KERSTING' is written in a clean, sans-serif font. Below it is a thin horizontal line. The title 'DISCONNECTED' is written in a very large, bold, all-caps sans-serif font. Another thin horizontal line is below the title. Underneath that, the subtitle 'HOW TO RECONNECT OUR DIGITALLY DISTRACTED KIDS' is written in a smaller, all-caps sans-serif font. At the bottom center, there is a white circular icon with two curved arrows forming a loop, representing a refresh or reset function.

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Walking With A Lighter Step

Screen Time Parenting

Zift is....

Your Screen Time Parenting Ally.

Providing parents a quick and easy to understand snapshot of their children's screen time.

**The best, most comprehensive
Screen Time Parenting solution.**

Knowing how your kids are spending their time online, with whom and what they're doing, is essential. Zift will give parents the knowledge, tools and confidence to guide their family's screen time world, helping to ensure that time spent on a device is safe, constructive and fun.

Zift provides a simple solution that can adapt and grow with each family. Zift has fully customizable features, superior technology and an intuitive user experience, making it the best, most comprehensive screen time parenting solution.

<https://vimeo.com/287481895>

Zift Free

<https://vimeo.com/287494405>

Zift Premium

<https://vimeo.com/287523018>

Zift scheduler, keeping the peace

<https://vimeo.com/287521441>

Where is my child? GPS tracking

<https://vimeo.com/287517545>

The Best Protection