

*“Raising Kids in a Screen-Saturated World should be on every parent’s required reading list. Calling us to grasp the never-changing realities of Galatians 5:13 and Deuteronomy 6:5-7 in a rapidly shifting digital world, Eliza Huie avoids a mere list of dos and don’ts and drills into the heart of the issue. Eliza’s parenting tips are practical, while the biblical truth she highlights is a guiding lighthouse amidst the turbulence of technology that buffets our kids’ daily lives.”*

**Joshua Cooley**, Children’s Minister and  
Author of *The Biggest Win*, *Heroes of the Bible*  
*Devotional* and *The One Year Devotions with Jesus*

*“Eliza has written a concise book that guides parents in how to navigate screen use with their children. She engages the parent to focus more on the heart of their individual child regarding screens vs. laying down the law and for the parent to be more involved in the life of their child vs. just the business of their child. The book is an encouraging and convicting read.”*

**Rachael Rosser**, The Village Church Groups  
Minister & Licensed Counselor at North Texas  
Christian Counseling

*“Raising Kids in a Screen Saturated World is a necessary book for parents. As a counselor, I regularly see parents struggle through decisions related to social media and technology. This is the book I will be recommending from now on. Eliza offers parents just what they need – a perspective on technology that is practical, relevant, and filled with hope.”*

**Esther Smith**, LCPC, Biblical Counselor,  
Author of *But God, Wouldn't I Be More Useful to  
You if I Were Healthy?*

*“Timely, discerning, and balanced, Eliza Huie provides parents with a reliable compass for navigating wisely in this digital age.”*

**Paul Tautges**, Author; Senior Pastor,  
Cornerstone Community Church, Mayfield  
Heights, Ohio; Founder, Counseling One Another

# RAISING KIDS

in a Screen-Saturated World



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Help for Parents

**Eliza Huie**

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# SERIES INTRODUCTION

Raising kids is a daunting endeavor for even the most skilled parents. The challenge is compounded by the high-tempo lives we live. Between work, school, practices, recitals, games, youth group, performances, time with friends, and the myriad of other time-suckers, parenting feels more like a logistical nightmare than the divine call to shape the lives of our children.

We have partnered with 10Publishing to produce the Raising Kids series. These resources have been written to bring welcome help to parents who may be feeling overwhelmed by the many challenges parenting brings. The series contains short books on vital issues parents face in today's day and age as well as issues parents of every generation wrestle with. Issues like a self-made identity, sex, gender fluidity, our

results-driven culture, grace-centered parenting, technology, and social media are all covered in these books. The authors write from a deep understanding of God's Word coupled with their own experience of raising kids making each book rich with practical and personal wisdom that is sure to benefit any parent.

These short, easy-to-read books do not attempt to be exhaustive manuals on any one of the topics. Instead, they offer strategic insights that are timeless and immediately applicable. The goal is not to fully outfit you for an expedition over Everest but to give you a few secure handholds and footholds that will help you hang on and advance up the mountain of raising kids.

Mobile technology has taken over the landscape of our lives. Smartphones, tablets, computers, and TV's constantly invade our field of vision. Like all technology, they offer us some wonderful benefits: ease of navigation, instant access to information, and the ability to speak face-to-face with people across the globe. Of course, every parent knows, these devices also come with dangers. What is the

appropriate balance between a life saturated by screens or going completely tech free? In *Raising Kids in a Screen-Saturated World*, Eliza Huie shares wisdom from God's Word as well as her experience as a mom and counselor of teens to help parents navigate this world of glowing rectangles.

**Curtis W. Solomon**

Director, The Biblical Counseling Coalition



# LIVES SHAPED BY SCREENS

Some dates are easy to remember. Holidays, special anniversaries, unique events, or birthdays are dates not easily forgotten. Adding a child to your family changes your life in ways you could never fully imagine. These dates clearly impact and change your lives forever. In contrast, other significant dates come and go; although they are life-transforming, the results are so inconspicuously integrated into everyday life that we forget their impact. Here are some “birthdates” that have likely shaped your life yet I wonder if you can remember what was born on these dates?

*May 24, 1985*

### **Happy Birthday Aol.**

The launch of AOL and their prolific distribution of free installation CDs, displayed at every checkout and delivered unsolicited to your mail, may be hard for some to remember but it is a day that had significant impact. This day opened the door of virtually every home to participate in instant messaging, chatrooms, and email. Connection for everyone.

*September 4, 1998*

### **Happy Birthday Google**

A company whose name became a verb, Google organized the world's information—true to their mission statement. The ability to search was now broadened. No longer limited to your home computer, information and connection became available in any language, in any country, on myriads of devices, at any time of the day. Information for everyone.

*February 4, 2004*

### **Happy Birthday Facebook**

Facebook revolutionized how we share our lives and led the way for future social media platforms. What was once personal is now presented to the watching world. Social media became a common term due to the inexhaustible use of Facebook. Every sixty seconds 510,000 comments are posted, 293,000 statuses are updated, and 136,000 photos are uploaded on Facebook.<sup>1</sup> Publicity for everyone.

How have these birthdates affected your family? No doubt they've changed the way we all live. Since these iconic moments in digital history our lives are increasingly infused with technology. Cellphones saturate the population and their dominance has caused the home phone to be an antiquated relic of yesteryear. According to iTunes Charts, social media apps reign as the most used free apps on people's phones and devices. *Business Insider* found that "a typical cellphone user touches

his or her phone 2,617 times every day. But that's just the average user: The study found that extreme cellphone users—meaning the top 10%—touch their phones more than 5,400 daily.”<sup>2</sup> If you are reading this book and are raising young children or teens, they are digital natives. They are the ones most destined to be found in that top 10%. Even children whose parents carefully monitor exposure to technology are growing up interacting with digital devices and navigating them like familiar territory.