



# Playing Smarter in a Digital World: A Guide to Choosing and Using Popular Video Games and Apps to Improve Executive Functioning in Children and Teens

*Randy Kulman*

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**A book to help parents to make their children's digital playtime educational**

Digital play, when used appropriately, can be a powerful tool for learning skills such as planning, time management, cooperation, creativity, and digital literacy. The book's clearly articulated strategies help parents use digital media in a more effective manner and, at the same time, set effective limits and implement a healthy "play diet" for their children. A section devoted to exploring specific strategies for using digital media with children in specific populations—such as children affected by ADHD, autism spectrum and learning disorders, and other mental health and educational issues—is also featured, as is a list of specific games, apps, and tools to make game-based learning most effective.



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