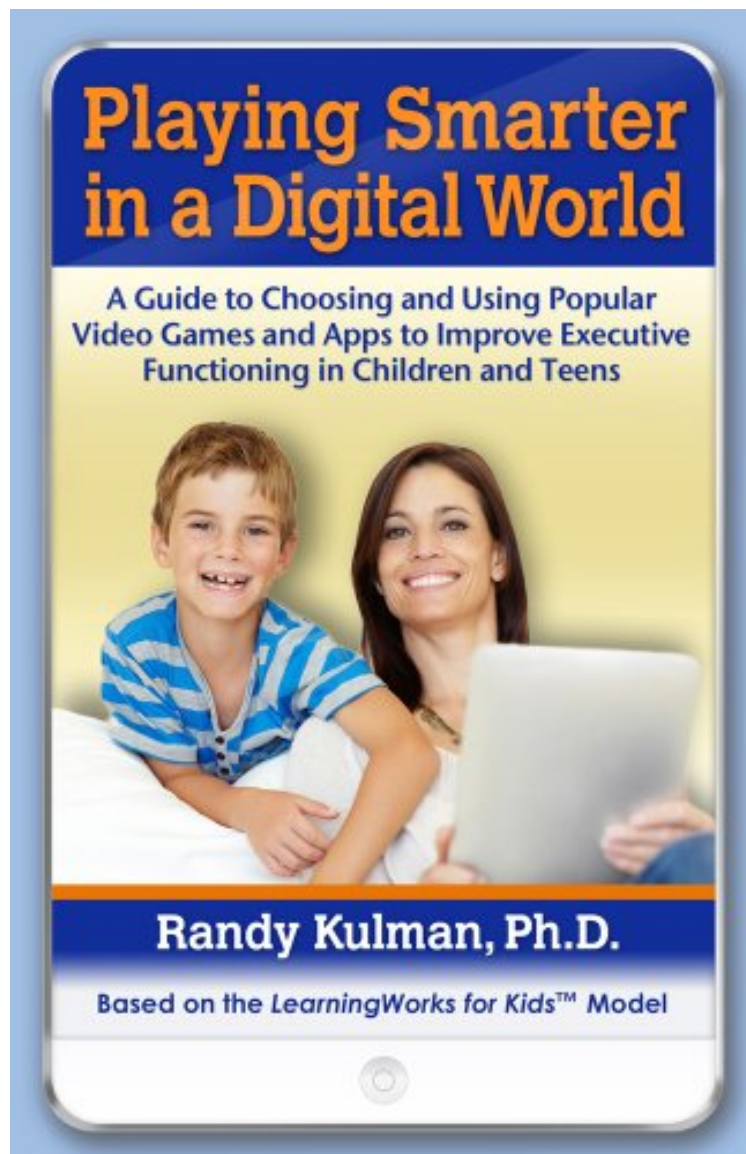


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## **Playing Smarter in a Digital World: A Guide to Choosing and Using Popular Video Games and Apps to Improve Executive Functioning in Children and Teens**

*Randy Kulman PhD*

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**Randy Kulman PhD : 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** before purchasing it in order to gage whether or not it would be worth my time, and all praised 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:

2 of 2 people found the following review helpful. Take charge of your child's relationship with technology  
By Genevieve H. As the mother of a two-year old girl (going on three), I can already see how big of a role digital media is going to play in her life. We read children's books together on our iPad, play interactive spelling games with Super Why! on PBS Kids, and listen to songs together on Spotify. Rather than isolate her from technology, our family decides to embrace it. This book lays out some common-sense guidelines for using and understanding the role technology should play in our children's lives. It features some great recommendations for games and apps that kids can use to tackle issues like inattention, organization and planning, as well as real-world activities parents can do with their kids to build up these important skills. I think the important thing to take away from this book is that it is the responsibility of us, the parents, to take charge of our children's relationship with technology, not just to stand idly by and let technology happen to them. I highly recommend this book to geek moms (and dads), as well as any tech-resistant parents out there. We're all looking to better understand the way modern life will shape our children's minds, and the digital world is here to stay. The better we understand it, the better we can use it to benefit our children's emotional, social and academic success.

2 of 2 people found the following review helpful. Practical Guide for Digital Worlds!  
By Ryan Holt Great book! It is a practical guide on the benefits of digital play, and how to create a "digital play diet" which is balanced. The overview of executive functions is very clear and succinct. However, later in the book a subset of executive functioning skills are matched with several current popular games and apps. This allows the reader to identify games that would be great to help someone who struggles with one of the skills, like flexibility. I would recommend this book to any parent or teacher who is interested in learning more about digital technology for their children. I would also recommend this book to adolescents seeking to improve their executive functioning skills. Finally, this book is a great example of applied psychology and would be a worthwhile addition to other psychological specialists that work with children.

2 of 2 people found the following review helpful. Sound Reasoning, Interesting Topics  
By Nico S. Montanari I originally saw this book on display at a panel at ISTE 2014 and have since picked it up, as I was a bit on the fence. After a first read through, I have to say I was pleasantly surprised. Although I am not actively looking into any sort of parenting materials, the concept of training your brain through gaming was very interesting. Furthermore, the psychological reasoning behind the book and the premise, "Playing smarter in a digital world" was definitely sound and interesting. As I said, I am not a father but I can say after this read through, there are some great things I will carry over to when I am a father.  
Pros: Research and Expertise is sound  
Outside the box thinking with the digital age  
Training Executive Functions Advice  
Cons: Not in Hard Cover

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 books 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.

About the Author  
Randy Kulman, PhD, is the founder and president of LearningWorks for Kids, an educational technology company that specializes in using video games to teach executive-functioning and academic skills. For the past 25 years, he has also been the clinical director and president of South County Child and Family Consultants, a multidisciplinary group of private practitioners that specializes in assessment and interventions for children with learning disorders and attention difficulties. He is the author of *Train Your Brain for Success* and is the coauthor of a chapter in the book *Designing Games for Ethics: Models, Techniques, and Frameworks*. He lives in Wakefield, Rhode Island.