

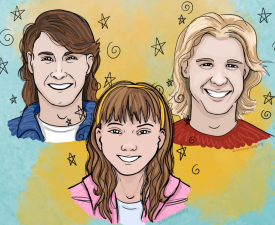


# PODCAST



## ScreenStrong Families

- Kids' Brains and Screens: Revolutionizing Screen Education (#185)
- Tips for Moms (#145)
- 100 ScreenStrong Tips with Ellen Cotton (#100)
- Practical Tips for ScreenStrong Families (#123)
- Five Tips After Five Years As a ScreenStrong Family with Emily Harrison (#161)



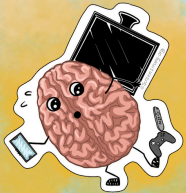
## ScreenStrong Teens

- LIVE Teen Q&A on Growing Up Without Addictive Screens (#179)
- 48 Benefits Living 48 Months ScreenStrong with Evan & Andrew Hempe (#169)
- ScreenStrong Teens: Lydia, Two Years Later (#147)
- Growing Up Without Smartphones & Social Media with Andrew Hempe (#141)
- The Endless Non-Tech Gift Ideas with Evan Hempe (#130)
- Debunking Screen Myths with Andrew & Evan Hempe (#91)
- The Ultimate Gift List with Andrew and Evan Hempe (#81)
- Growing Up ScreenStrong with Andrew and Evan Hempe (#31)



## Little Kids

- Foundations Are Key to Your Child's Success with Cris Rowan (#136)
- Building Blocks: Setting Kids Up for Early Social Success with Marianne Carpenter (#183)
- Tips for Young Moms (#155)
- Encouragement for Starting ScreenStrong Early with Alejandra Correa (#125)



## Brains & Screens

- Twisted Truth: Dopamine and Screens with Dr. Adriana Stacey (#151)
- A Psychiatrist's Perspective on Screen Addiction with Dr. Adriana Stacey (#135)
- A Pediatrician's Perspective on Kids & Screens with Dr. John Hutton (#159)
- We Hurt Our Kids When We Treat Them Like Adults with Dr. Leonard Sax (#142)
- From Chaos to Strength: Navigating ScreenStrong Parenting with Christina Rahm (#180)



## Video Games

- Video Game Addiction: ScreenStrong's Founding Story (#113)
- 10 Things Every Parent Needs to Know About Video Games with Olivia Bruner (#150)
- Twisted Truth: Are Your Son's Social Needs Fulfilled in the Gaming World? with Dr. Adriana Stacey (#175)
- From Little Gamers to College Gamers: Reversing the Long-Term Consequences of Early Gaming Dependency (#164)
- The Hidden Link Between Video Game Addiction and School Violence with Lt. Col. Dave Grossman (#104)
- 10 Tips to Love Your Gamer Through the Detox (#108)