



Toxic Childhood: How the Modern World is Damaging Our Children and What We Can Do About it

Sue Palmer

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One in six children in the developed world is diagnosed as having 'developmental or behavioural problems' - this book explains why and shows what can be done about it. Children throughout the developed world are suffering: instances of obesity, dyslexia, ADHD, bad behaviour and so on are all on the rise. And it's not simply that our willingness to diagnose has increased; there are very real and growing problems. Sue Palmer, a former head teacher and literacy expert, has researched a whole range of problem areas, from poor diet, lack of exercise and sleep deprivation to a range of modern difficulties that are having a major effect: television, computer games, mobile phones. This combination of factors, added to the increasingly busy and stressed life of parents, means that we are developing a toxic new generation. TOXIC CHILDHOOD illustrates the latest research from around the world and provides answers for worried parents as to how they can protect their families from the problems of the modern world and help ensure that their children emerge as healthy, intelligent and pleasant adults.

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