



Michael Rich, MD, MPH, is an associate professor of pediatrics at Harvard Medical School and practices adolescent medicine at Boston Children’s Hospital. Pediatrician, child health researcher, father, and filmmaker, Dr. Rich is the founder and director of the Digital Wellness Lab and the first evidence-based medical program addressing physical, mental, and social health issues associated with digital technology use, the Clinic for Interactive Media and Internet Disorders (CIMAID). As the Mediatrixian, Dr. Rich offers research-based, actionable, and practical answers to parents’, educators’, and clinicians’ questions about children’s and adolescents’ media use and the positive and negative implications for their health and development.

Teresa Barker, is a nonfiction book co-writer specializing in parenting, family, health, and memoir subjects. She lives in Chicago.

A positive, science-based approach to give you the confidence you need to raise a child well in the digital age

In this comprehensive reference, Dr. Michael Rich addresses your questions and concerns about your children’s media use and empowers you to guide your family in their digital choices.

Known as the Mediatrixian due to his acclaimed work as a pediatrician, child health researcher, and children’s media specialist, Dr. Rich presents a compassionate and encouraging look at the reality of growing up in a screen-saturated world. You won’t find fear-mongering here—just accessible explanations, case studies, and practical tips you need to help your kids thrive in a technology-rich environment and emerge as happy, well-informed, empathetic adults.

Features include:

- **Ask the Mediatrixian:** Questions and answers based on Dr. Rich’s long-running advice column and podcast
- **Media Rx:** Prescriptive content based on insights from the Digital Wellness Lab and the Clinic for Interactive Media and Internet Disorders
- **You Can:** Straightforward instructions for what you can do to guide your child in the digital landscape
- **Digital Wellness Primer:** A one-stop resource for actionable advice that you can customize for your family’s specific needs

Backed by evidence as well as decades of professional and personal practice, *The Mediatrixian’s Guide* will give you peace of mind and your kids much-needed tools to navigate digital media for the rest of their lives.

“A caring, wise, and joyful guide to the possibilities and the perils of our increasingly more digital existence.”

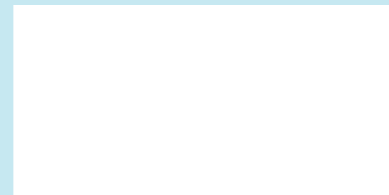
—**Marlo Thomas**, activist, actor, and author

“This book is a must-have and will soon become your best friend, full of daily tips and long-lasting wisdom.”

—**Sanjay Gupta**, MD, associate professor of neurosurgery, Emory; chief medical correspondent, CNN



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The Mediatrixian’s Guide

Michael Rich, MD, MPH



A Joyful
Approach to Raising
Healthy, Smart,
Kind Kids in a
Screen-Saturated
World

The Mediatrixian’s Guide

Michael Rich, MD, MPH
The Digital Wellness Lab at **Boston Children’s Hospital**
with Teresa H. Barker

Children are growing up in a world of screens. They move seamlessly back and forth in a physical-digital environment. But figuring out when and how to introduce tablets, smartphones, and even television can be challenging, as is establishing expectations around their use.

All-or-nothing approaches are doomed to fail. Giving children free reign over their screen use carries potential risks to their physical and mental health and their emotional and social development. Yet rejecting digital media is undesirable—and probably impossible—since today’s kids must navigate that realm to succeed in school and the world. As parents, caregivers, teachers, or clinicians, how do we help young people establish mastery of screens and harness them for healthy development and social engagement?

Dr. Michael Rich, aka the Mediatrixian, gives you everything you need to mentor kids in their technological journey. With clear, evidence-based explanations of the benefits and drawbacks of digital media use, Dr. Rich shows you how both media content and the context of media use have an impact on children. You’ll learn the warning signs of problematic interactive media use, the ways social media can be used for good, and the importance of modeling a healthy relationship with screens in your own life. The end result: healthy, smart, and kind kids who view digital media as the power tool it really is.