



Dr Tracy Bennett

SCREEN SAFETY PARENTING EXPERT



about

Dr. Bennett is a licensed clinical psychologist and screen safety expert who teaches families how to strengthen relationships AND achieve screen sanity. She is the founder and CEO of [GetKidsInternetSafe](https://www.getkidsinternetsafe.com) (GKIS) and the author of Screen Time in the Mean Time: A Parenting Guide to Get Kids and Teens Internet Safe. In her work as a clinical psychologist for 30 years, she sees the impacts of digital injury and how to treat and prevent it. After being distracted by the loss of her parents, she needed answers for her kids; shame-free, actionable strategies that work. They weren't out there so she committed to the GKIS mission. She doesn't rely on scare tactics and extreme no-screen recommendations. Instead, her approach is to empower kids, parents, and professionals with outcome-tested strategies. Her research and teaching as adjunct faculty at CSUCI complement her warm, real-life skill set. She consults with experts in technology and education and has served on the Youth Advisory Team for Facebook's Messenger Kids and was the Global Ambassador of TeenSafe. Her television and radio appearances, keynotes, webinars, blog articles, and online screen safety programs make a powerful impact on families.

[GetKidsInternetSafe.com](https://www.getkidsinternetsafe.com)

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consultant

I provide mission-driven business consultation and strategic partnership with customers who develop, implement, and utilize tech products for children, teens, and parents. Consistent with my mission to help families prevent and heal from digital injury while building stronger relationships, I advise customers how to interface with families in a mutually beneficial, positive way. I also offer efficiency hacks for overtasked employees to improve morale, productivity, and overall wellness.



media expert

I've appeared as a Screen Safety Parenting Expert on Access Hollywood Live and national radio and television news programs. My keynotes, blog articles, podcast/radio interviews, media appearances, and online parenting screen safety are designed to improve customer expertise and empowerment. My Internet safety and parenting articles have been published by Healthy Living Magazine, Moms Magazine, Mamapedia, and The Good Men Project, among others.



keynote speaker

I love the vibrant energy of speaking about the impact of screen media on performance and mental health. With increasing evidence of digital injuries and smartphone-free classroom legislation being passed in many states, this topic is more important than ever! I focus on the healthiest practices for screen use and the importance of attracting and maintaining meaningful, cooperative family relationships.



Dr Tracy Bennett

Screen Safety Expert

CEO GetKidsInternetSafe

Author of Screen Time in the Mean Time: A Parent Guide to Get Kids and Teen Internet Safe
Mom, Psychologist, CSUCI Adjunct Faculty

"My mission is to help us deeply reconnect with our lives and with those we love. Preventing digital injury instead of just treating it."

audiences

Students, parents, teachers, administrators, employees, and community members from:

Schools

PTAs & parenting groups

Religious groups

Community organizations

Corporations & nonprofit organization

topics of expertise

The red flags of screen addiction

Workplace and academic efficacy with screens

Screen impact on child & teen development

Sensible screen guidelines

Social media & screen smarts

How to build child resilience in the digital age

Advanced parenting strategies for sensible screen management

How to build a positive parent-child alliance around effective screen time negotiation

Preparation for smartphone-free classrooms



GetKidsInternetSafe



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Intro from Dr B's Book

In modern times, child screen use has had a greater impact on the American family than anything since the abolition of child labor in 1938. Parenting has become a full-time preoccupation. Kids don't labor for parents, parents labor for kids. Because of what we perceive as society's high expectations of parents, raising healthy, happy kids has become overwhelming. We are expected to faithfully care for and entertain our children most of our waking hours without complaint. Although parents are waiting later to have kids and having fewer kids per family, with both parents working and the disappearance of extended family help, we have fewer supportive resources than ever before.

Even with little support, we have been accused of "helicopter parenting" to keep our kids safe and successful. We too often expect our kids to earn 4.0 GPAs, awards in robotics, and trophies in sports. Cs aren't "average" anymore, now they're a mark of parents not helping enough with homework. Our fear that we aren't doing enough trickles down to our kids in the form of encouraging lectures and, too often, scathing shame and disappointment. We know this is too much pressure. So in between the "enriching" activities we work so hard to provide, we allow them leisure time...more leisure time than any children in history.

Parents are no longer willing to order their kids to go play outside until the streetlights come on. It's too scary knowing what we do about child predators, bullying, sex, and drugs. To keep kids safe, we shelter them inside our houses to save them from the world's perils. Instead of running amok like we did with hordes of neighborhood kids creating spontaneous, street-smart missions, they watch screens. And while they're on their screens, we're also on ours. Screen time gives us much-needed breaks and provides what we hope is enriching content and a primer in digital literacy. But the troubling behaviors our kids demonstrate while compulsively viewing videos, social media, and video games eerily resemble signs of addiction. And we are the dealers, providing screens too often while they're too young. We are hooked too. We feel guilty, but it's often the best we can do. Screen technology has transformed childhood and parenting.

As a clinical psychologist who has worked with families for more than twenty-five years, I believe the state of families is not actually as dire as this scenario suggests. With the education that information technology affords us, modern-day parents are generally informed, empathetic, and strategic. As a result, kids are as capable and emotionally sophisticated as ever before. However, inappropriate screen content and too much screen time is rapidly becoming an epidemic problem. Families need more support to achieve optimum balance, without the shame and the blame.

[Screen Time in the Mean Time](#) offers that support. Because we can all use a go-to quick parenting guide at our fingertips, I've begun Chapters One through Four with what-to-dos to keep our kids screen safe, followed by the developmental reasons why the particular strategies fit. For the reader who prefers to skim past deeper explanations and brain facts, they may find the sections with what-to-do parenting strategies to be just right. While other readers who want to know why these strategies work will appreciate the more technical developmental applications. Chapters Five through Eight cover the complex and often surprising risks and benefits of screen use. Parents appreciate learning about the interesting facets of screen use and are often eager to share the knowledge with friends and family. We all want to be our children's go-to person when they are hurting or in trouble. With the relationship-building strategies in Chapter Nine, you can learn to form a stronger, more positive connection and get important conversations started. Chapter Ten offers the innovative, effective parenting strategies I teach in my practice every day. As our kids get more mature and educated by the Internet, we must be increasingly informed and innovative in our parenting. Finally, Chapter Eleven pulls it all together and offers answers to real-life parent questions. [Screen Time in the Mean Time](#) will equip you with the tools you need to get your kids screen safe while rebooting your powerful parent-child connection. It's time to let go of the guilt.

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