



Toxic Childhood: How The Modern World Is Damaging Our Children And What We Can Do About It

By Sue Palmer

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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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Editorial Review

Review

Every parent should read this book, as it does contain a wealth of information you should know? **EVENING HERALD**

The title has become shorthand for everything that's wrong with children's lives from excessive testing at school to violent computer games, sex, drugs and alcohol? **EVENING STANDARD**

Horribly convincing? **INDEPENDENT**

About the Author

Sue Palmer is a writer, broadcaster and consultant on the education of young children. She is well-known to UK teachers as a specialist in literacy, especially the teaching of writing, but concern about children's lifestyles led her to research and publish the bestselling book **TOXIC CHILDHOOD: How the Modern World Is Damaging Our Children and What We Can Do About It**, followed in 2007 by a practical handbook for parents, **DETOXING CHILDHOOD: What Parents Need to Know to Raise Bright, Balanced Children**, and her most recent book **21ST CENTURY BOYS**. Sue is also a popular speaker, addressing thousands of teachers each year across the UK and around the world - and increasingly invited to address audiences of parents, health professionals and others concerned with children's well-being. She writes frequently in the national press, and has worked as a consultant to the National Literacy Trust, the Basic Skills Agency, many educational publishers, the Department for Education and the BBC.

Visit Sue Palmer's website at www.suepalmer.co.uk

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