



# Can Doesn't Mean Should: Essential Knowledge for 21st Century Parents

*Paul Smolen MD*

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## **Can Doesn't Mean Should: Essential Knowledge for 21st Century Parents** Paul Smolen MD

Dr. Smolen, a seasoned pediatrician and pediatric blogger, provides parents current, research based information to help them make informed decisions about family life. He provides practical tips and strategies for parents in the 21st century: Food - optimal nutrition and consequences of poor choices. Screen - the influence of quantity and type of screen time. Chores - responsibility shapes character. Money - value and management. Balance - academics, extra curricular activities, and unstructured play. Knowledge is power. Become a better parent and make it easier!

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