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## Silicon Valley nannies are phone police for kids

硅谷保姆是孩子们的“手机管家”

Silicon Valley parents are increasingly obsessed with keeping their children away from screens. Even a little screen time can be so deeply addictive, some parents believe, that it's best if a child neither touches nor sees any of these glittering rectangles. These particular parents, after all, deeply understand their allure.

硅谷的家长们越来越执着于让孩子们远离电子产品的屏幕了。一些家长认为，即使留给孩子的“屏幕时间”只有一点点，他们也可能严重上瘾，那么最好的做法，就是不让孩子碰到或者看到哪怕一块不停闪动的长方形屏幕。毕竟，正是这些家长才如此深谙屏幕的诱惑力。

But it's very hard for a working adult in the 21st century to live at home without looking at a phone. And so, as with many aspirations and ideals, it's easier to hire someone to do this.

不过，在 21 世纪，一个有工作的成年人很难做到在家里完全不看手机。如此这般，就像很多愿望和理想化的想法一样，雇人来做控制孩子的屏幕时间的这件事是一个更轻松的选择。

Enter the Silicon Valley nanny, who each day returns to the time before screens.

硅谷特色的保姆就此登场——她们每天都要回到那个没有屏幕的年代。

From Cupertino to San Francisco, a growing consensus has emerged that screen time is bad for kids. It follows that these parents are now asking nannies to keep phones, tablets, computers and TVs off and hidden at all times. Some are even producing no-phone contracts, which guarantee zero unauthorized screen exposure, for their nannies to sign.

从库比蒂诺到旧金山，“屏幕时间对孩子不好”正在成为一种越来越强的共识。因此，家长们开始请保姆将所有的手机、平板、电脑和电视一直保持在关闭和藏好的状态。更有一部分家长开始制定“零手机合同”，并让保姆签署。这种合同保证，不让孩子在未经许可的情况下接触到任何带屏幕的设备。

The fear of screens has reached the level of panic in Silicon Valley. Vigilantes now post photos to parenting message boards of possible nannies using cellphones near children.

Which is to say, the very people building these glowing hyper-stimulating portals have become increasingly terrified of them. And it has put their nannies in a strange position.

在硅谷，“屏幕恐惧症”已经上升到了恐慌的级别。有自告奋勇者已经开始在育儿论坛上发布疑似在孩子边上玩手机的保姆的照片。如此来说，这些发着光的、无比刺激的虚拟世界“门户”的建造者，也越来越害怕他们一手打造的产物了。这也让他们请的保姆处在一个尴尬的境地。

“Most parents come home, and they’re still glued to their phones, and they’re not listening to a word these kids are saying,” said Shannon Zimmerman, a nanny in San Jose who works for families that ban screen time. “Now I’m the nanny ripping out the cords from the PlayStations.”

在圣何塞工作，并服务过一些禁止使用屏幕的家庭的保姆莎农·齐默尔曼说道：“大部分家长回到家里，还是机不离手，也不去听孩子们在说些什么。这下我可成了那个拔掉游戏机插头的保姆了。”

重点词汇

**nanny**/'næni/

- n. (受雇照看小孩的) 保姆, 阿姨

**addictive**/ə'dɪktɪv/

- adj. 使人上瘾的; 令人入迷的

**glittering**/'glɪtərɪŋ/

- adj. 灿烂夺目的; 闪闪发光的

**rectangle**/'rektæŋɡl/

- n. 长方形, 矩形

**allure**/ə'luːr/

- n. 诱惑力

**consensus**/kən'sensəs/

- n. 一致的意见, 共识

**unauthorized**/ʌn'ɔ:θəraɪzd/

- adj. 未经许可的

**exposure**/ɪk'spoʊʒər/

- n. 暴露；接触
- exposure to a disease
- exposure to radiation

**vigilante** /ˌvɪdʒɪˈlænti/

- n. (自发的) 治安人员；自告奋勇者
- neighborhood vigilantes
- vigilante phone police

**stimulating** /ˈstɪmjuleɪtɪŋ/

- adj. 趣味盎然的；刺激神经的

**be glued to**

- 专注于……；被……完全吸引

**rip out**

- 扯掉，拔掉

**cord** /kɔːrd/

- n. 电源线