



PARENTING THROUGH THE DIGITAL AGE: 7 TO 12 YEARS OF AGE

Technology is changing rapidly; our children are often more internet savvy than we are. It is hard to keep up, and even harder to set limits with screen time, and internet access. Join us as we explore what it's like to parent in this digital world - what actually happens to our brains when we are on our screens, how to set screen-time limits effectively, and how to turn technology into a positive parenting tool.

This workshop will cover:

- Screen-time and the Brain
- How to set limits and boundaries around screen-time
- Technology as a tool for connection and creativity

Monday, March
28th, 2022

At 10am to 11:30am
Via Zoom

Register: <https://bit.ly/pssworkshops>

Or email, office@parentsupportbc.ca

PSS RECOGNIZES and RESPECTS all the INDIGENOUS NATIONS, TRADITIONAL LANDS & TERRITORIES that we GATHER, LIVE, WORK & PLAY ON across BC.

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