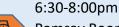
## **Screen Time!**

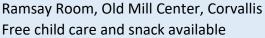
## What's Good, Bad, or Too Much?

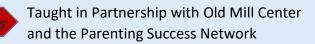


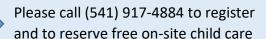


Held on Tuesday, October 15, 2019 One night workshop – Free to Parents











Richard Halpern, M.A. has over 25 years' experience working with families in schools and non-profits. He teaches Parent Education for Multnomah Family Court and is certified as a Positive Discipline Parent Educator.

## Strategies for Plugging Into Healthy Technology

Our children are spending more time on smartphones, tablets, and computers. Teachers and parents are growing increasingly concerned about how all this screen time will affect our children's lives. We will explore how to encourage children (birth – age 5) to practice self-control, self-regulation, and unplug from unhealthy distractions and plug into good ones!





