

Paramus Parents! You are invited to...

# It's Time to Talk: Parenting in the Age of Technology



Presented by:

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Tuesday, October 17<sup>th</sup>

7 PM in East Brook auditorium



This extraordinary lecture is an eye-opener for anyone who attends and will include tips to help kids, and parents, start living more in the real world and less in the virtual world. This lecture will cover the following as well as real cases I've dealt with.

- The connection between media use and mental health
- How much screen time is too much
- The frightening link between ADHD and tech overload
- Strategies to help your child reduce anxiety
- Your sleep deprived, over-scheduled child
- Creating leaders not followers
- Your role as a parent
- .....
- ..... And much more!!

