

Ogdensburg School presents...

"The Impact of Screen Time & Social Media: Tips for Keeping Your Kids Happy & Safe"

All parents must be aware of the potentially negative impact social media and Big Tech can have on the developing minds of our children. The changes we must make in our home are simple yet profoundly effective.

Parents will walk away with practical strategies for making those crucial changes in their homes right away.

Topics Covered:

- The impact of social media on children, teens and beyond
- The social media lifestyle - tech happy, or tech terrible?
- The latest research and trends - get in the know
- What's the best age for Smartphones? Social Media?
- To Monitor or Not to Monitor, That is the Question
- How to Teach Critical Thinking Skills
- Take Control, or Lose Control
- Your Role as Parent - How to Really Get Through
- Creating a Healthy Balance for Your Child

Speaker: Lauren Muriello, MA LPC
Founder, Licensed Psychotherapist,
Speaker
Well Being Therapy Center

Date: Tuesday, March 5th
Time: 7pm
Place: Ogdensburg School