



Raising Digital Natives: When to Hover and When to Step Back

Join an interactive, digital workshop for parents and caregivers
of school-aged children and teens

6:30 - 7:30 PM, Tuesday, January 28, 2025

Teacher: Amy Alamar, Ed.D.

In Mansfield, we urge everyone to take the pledge to Make Time for Offline, especially our youth. Play-based activity is important to the wellness and development of all children, but screen-time is so alluring and addictive.

Are you concerned that your kids spend too much time online? Does their use of social media concern you? It should. Let's talk about actions to help them thrive and avoid the mental health risks associated with social media.

Join Amy Alamar for this live interactive workshop to discuss the use and overuse of technology for homework, leisure, and socializing and its impact on your family. Amy will share ways to manage screen time without the power struggles and how to teach your digital natives good digital citizenship.

After this workshop you will be able to:

- Identify and apply approaches to effectively teach your child responsible digital citizenship
- Recognize the importance of developing an open conversation to address the unpredictable nature of online content
- Apply strategies to help your child develop a strong moral filter as they navigate the digital world
- Apply effective approaches to supporting your child's social life online and off.



Amy Alamar, Ed.D. has worked in the field of education as a teacher, teacher educator, researcher, parent educator, and education reformer for over twenty years. Her first book, *Parenting for the Genius: Developing Confidence in Your Parenting through Reflective Practice* (Genius Press) is a comprehensive guide to becoming the most thoughtful and confident parent possible, applying practical strategies based in educational research.

She was an invited guest of Michelle Obama at the White House for a conversation about kids' health in 2016 and was the host of *Parenting from the Trenches* on Yellowbrick.me. She is a contributing author to the Disney parenting website, *Babble* and Psychology Blog, *Hey Sigmund*. Her second book, *The Parenting Project: Build Extraordinary Relationships with Your Kids through Daily Conversation* (Fair Winds Press), focuses on communication strategies. Amy is the married mother of three children whom she learns from and enjoys each and every day. She provides online workshops and coaching for Peace At Home Parenting.



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