

# TOP TIPS FOR RAISING TECH HEALTHY KIDS

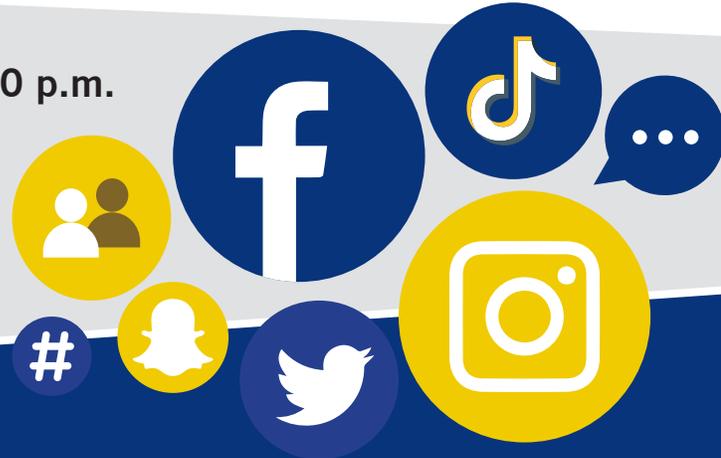
*Proactive Parenting Workshop  
with Dave Eisenmann*



**WHEN:** Thursday, September 16, 6:30 - 8:00 p.m.

**WHERE:** Totino-Grace High School

*Free and open to the public*



TikTok, Snapchat, Instagram, Fortnite, YouTube and more... Technology is a big part of our kids' world! Keeping up can be challenging, but a positive and well-informed approach can have a big impact on a child's future and habits. Learn how to help kids develop a balanced and healthy use of technology from an early age and keep this up through the secondary school years and beyond. Get tips and ideas for parenting and understand the significant role you play in helping youth be responsible and safe in today's high-tech world. Numerous ideas and free resources are shared and time for Q & A provided.

## **Dave Eisenmann**

Speaker Dave Eisenmann will provide tips and ideas for parents and professionals to better understand the significant role they play in helping youth be responsible and safe in today's high-tech world.

Since 2006, Dave has spoken to over 70,000 students, staff, and parents in over 110 schools, churches, and businesses around the Midwest about digital health and wellness—having a healthy balance and relationship with technology. He has presented at numerous local and national conferences and has been featured in various news media including Minneapolis NBC KARE 11. In 2015, the National School Boards Association recognized him as one of the 20 To Watch educational technology leaders in the nation.

Dave is the Director of Technology for Minnehaha Academy. He has been in education for over 25 years including teaching elementary and middle school school for eight years and coaching numerous sports. He is an assistant professor at Saint Mary's University Minneapolis and also has taught classes on instructional technology for the University of Minnesota. Dave and his wife and have four children ranging in age from elementary to college.

