



Northfield School District 31

Connect 31-Parent Education Opportunities

Join us for the Parent Education Fall Series featuring presentations designed to help our families thrive. Learn more about the education series and find other helpful resources at www.district31.net. Presentations are open to all.

How to Help our Kids Thrive in a Digital World

*Wednesday, October 28 - 7 p.m.
Virtual Presentation for District 31 Families*

Distance learning is a huge adjustment for everyone. Devorah Heitner, PhD, an expert on young people's relationship with digital media and technology, will share practical advice and tips to help your kids succeed in this new digital classroom. She'll also discuss how parents can make this all a little easier on ourselves, too.

Devorah Heitner, author of *Screenwise*, explains the importance of "mentoring over monitoring" when it comes to kids' tech use and gives advice on how to encourage a healthy relationship with media and technology – and set kids up for success, not stress, in the digital age.



Join us to learn:

- How parents can support their children's uses of technology to connect, create, and learn
- A framework for deciding what digital platforms and apps are appropriate (or not) for elementary aged kids, tweens, and teens
- Tips for teaching kids how to self-regulate their screentime
- How to empower kids to use technology and digital media for social good
- How to help kids through a virtual school day (brain breaks, physical activity, snacks and high fives!)



Zoom Link to join presentation will be available at
www.district31.net on October 28.