



The County of Santa Clara  
invites you to an engaging and informative  
online event for caregivers

# Parenting in the Digital Era

## Supporting Dialogue and Strategies for Building Healthy Tech Habits

Wednesday January 29, 2025  
10AM - 12PM

- ▶ Gain a deeper understanding of what young people are facing online
- ▶ Discover ways to dialogue with young people about their digital use in an effort to understand their perspectives
- ▶ Practice strategies alongside young people for developing a balanced, healthy relationship with technology
- ▶ Connect with other caregivers in your community facing similar challenges and gain support by sharing experiences



[Click here to register!](#)

Presented by



My Digital TAT2 is a nonprofit that addresses how to build healthy habits, critical thinking, and thoughtful online behavior in order to integrate technology into our lives in a constructive way. For more parent resources and to learn about our work, visit us at: [www.mydigitaltat2.org](http://www.mydigitaltat2.org)