GROWING UP DIGITAL: A PARENT'S GUIDE TO SMARTPHONES AT EVERY AGE



Event Details

Where: Interactive Virtual Zoom Session

Speaker: Peter Martin, LMHC

Date: Thursday, December 9th, 2025

Time: 12:00 PM – 1:00 PM

Session Focus:

Developmental Impact: Understanding how smartphone use affects children at different ages.

Age-Appropriate Guidelines: Practical advice on introducing and managing device access for kids and teens.

Parental Strategies: Tools and tips for setting boundaries, fostering digital literacy, and ensuring online safety.

To Register, please click the link or scan the QR code:
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Questions? Please email:

SchoolMentalHealth@northwell.edu

Frequently Asked Questions:

Is registration required for this program?

Yes. Registration is required for this webinar. Please use the link or QR code to complete registration.

When will I receive the webinar information for this program?

The webinar information will be sent to you after you register. Please do not share this information with others.

Will this session be recorded?

Due to the interactivity that we encourage during these lunch and learn sessions, to protect our participants privacy, we do not record these sessions. For recorded sessions, please visit our YouTube channel here.