

2025 Rady's Mental Health Webinar Series

Facilitator Guide for Parents/Caregivers

Reflection Questions and Answers

February 4, 2026

[Disconnect to Reconnect: Reclaiming Attention, Presence, and Peace at Home](#)

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Short description of webinar: Screens are shaping how children think, feel, and connect—often in ways parents don't realize. This session explores how technology impacts developing brains, mental health, and family communication, and offers practical tools to reduce digital stress, restore balance, and strengthen connection at home.

Pre-Webinar **Sample** Activity:

1. Write a few sentences about a memorable experience that built connection between you and a youth in your life.

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Post Webinar **Sample** Questions:

1. When you think about the ways digital overload can affect the nervous system, which of the factors discussed might you pay attention to at home?

Example answers:

- Continuous digital input
- Contagious digital stress
- Violent or mature AI content



2. Which of these focus areas would you prioritize to address conflict within your family?

Example answers:

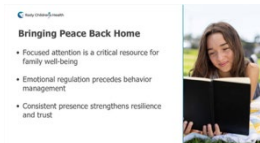
- Arguments over devices
- Removing devices
- Parent device habits



3. Which strategy for Bringing Peace Back Home would you be most likely to try?

Example answers:

- Focused attention
- Emotional regulation
- Consistent presence



4. Which aspect of Establishing Clear Technology Guidelines would be most beneficial for your family?

Example answers:

- Set clear expectations: what, when, and how long for device use
- Create age-appropriate rules collaboratively
- Discuss reasons behind limits to increase understanding
- Show children and teens the behind-the-scenes algorithm mechanism



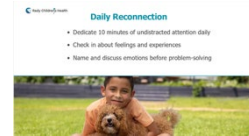
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5. Which of the Daily Reconnection strategies might you consider using?

Example answers:

- Dedicate 10 minutes of undistracted attention daily
- Check in about feelings and experiences
- Name and discuss emotions before problem-solving



6. When considering ways to introduce Structured Technology Use at home, which area would you choose to focus on?

Example answers:

- Schedule specific times for homework, social media, gaming, and AI use
- Encourage device-free zones during meals, bedrooms, and family activities
- Introduce tech-free transitions (e.g., before bedtime)



7. When planning Family Agreements & Accountability around technology use, which of the strategies discussed would be most helpful for your family?

Example answers:

- Create family media agreements: expectations, limits, rewards
- Include children in decision-making to improve cooperation
- Revisit and adjust agreements regularly as children mature

