

Emily Cherkin

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Coming in January 2017!!!

A 4-Week Parenting Workshop: “The Connection Project”

Led by Emily Cherkin at the Hallowell-Todaro Center
5502 34th Ave NE, Seattle, WA 98105

Week 1: Digital Natives vs. Digital Immigrants

Week 2: Finding Balance in Family Screen Use

Week 3: When Behaviors Shape Our Brains

Week 4: Creating a ‘Tech-Positive’ Family Environment

~Two options (choose one!)~

Tuesdays: (1/24, 1/31, 2/7, 2/14) 9:30-11:00 AM

Thursdays: (1/26, 2/1, 2/9, 2/16) 7:00-8:30 PM

To register: emily@hallowelltodaro.org or call (206) 420-7345
COST: \$200 for 4 weeks

Recommended Books

boyd, danah. *It's Complicated: The Social Lives of Networked Teens.*

Harris, Michael. *The End of Absence: Reclaiming What We've Lost in a World of Constant Connection*

Heitner, Devorah. *Screenwise: Helping Kids Thrive (and Survive) in Their Digital World*

Orenstein, Peggy. *Cinderella Ate My Daughter*

Steiner-Adair, Catherine. *The Big Disconnect: Protecting Childhood and Family Relationships in the Digital Age*

Taylor, Jim. *Raising Generation Tech: Preparing Your Child for a Media-Fueled World*

Recommended Articles

“I Regret Giving My Child a Smartphone, But Not For the Reasons You Think”
(Washington Post, April 2016)

“Point-and-Shoot Memories: The Influence of Taking Photos on Memory for a Museum Tour” (Psychological Science, 2013).

“Childrens’ Sleeplessness May Be Linked to Bedtime Use of Electronic Gadgets”
(Washington Post, October 2016)

“Is Your Child Screenwise?” (ParentMap, November 2016)

“This Is What Screentime Really Does To Kids’ Brains” (Psychology Today, 2016)

“The Binge Breaker” (The Atlantic, November 2016)

“Smartphone=Pornphone. Just Saying.” (Amy Lang, *Birds+Bees+Kids*, Oct. 2016)

Recommended Websites

www.common sense media.org (also smartphone app is excellent)

www.healthychildren.org/English/media/Pages/default.aspx#home (Family Media Plan and Media Time Calculator)

www.janellburleyhofmann.com/irules (iRules contract generator)

www.commercialfreechildhood.org (great articles and resources for parents)

<http://pediatrics.aappublications.org/content/pediatrics/138/5/e20162591.full.pdf> (2016 AAP guidelines on screens)

Notes: