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@hallowelltodarocenter.org or call (206) 420-7345
COST: $200 for 4 weeks

Recommended Books


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)


“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)


Recommended Websites

www.commonsensemedia.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/inrules (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)