



**Richards**  
ELEMENTARY SCHOOL

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## Helping Our Kids Navigate the Strong Pull of Technology

From early on, our children are exposed to electronic technology. Chromebooks, iPads, laptops, and cell phones become shiny objects, inviting our kids to interact with them - often for hours. We as parents wonder how we can help our children interact with technology in ways that foster healthy psychological, social and intellectual development. Clinical Psychologist, Dr. Michael Mazius, will present recent findings on the pros and cons of technology as it shapes us and our children. Further, Dr. Mazius will describe new, important and seemingly counter intuitive ways in which we can assist our children and adolescents in developing self-control, a keener sense of time, balance and good judgment when technology takes center stage. This approach, often referred to as Co-Engagement, also sets the tone for a healthy, growing parent-child bond. Please join us for an hour of lively and informative conversation.

**Where: Richards Elementary School Library Media Center**

**When: Tuesday, November 12<sup>th</sup>**

**Time: 6:30-7:30pm**