



# Engaging Parents in Digital Wellbeing

Every generation of parents needs to redefine what it means to care for children. We want to partner with you to deliver solutions that equip parents with the knowledge, strategies, and confidence they need to nurture their child's digital wellbeing.

## Presentations

**In person or online**

Engaging 60 minute in person or online presentations deliver science and storytelling to support parents with the knowledge, skills, and confidence they need to guide their kids (and family) toward digital wellbeing practices and intentions. Consideration is given to the best ways to take advantage of digital spaces while avoiding risks.

- Social media and mental health
- Talking to kids about online challenges
- Focus, attention, multitasking
- Setting screen time limits & seeing digital strengths

## Self-paced online course

**Ongoing - start anytime!**

The CONNECTED 3 - week self-paced online course delivers essential digital-age parenting strategies and insights in an engaging and accessible format. Group and district licenses allow parents to build confidence and a community culture that promotes digital wellbeing for themselves and their families.



How to Show Up for Your Kids  
in the Digital Age



By Erin Walsh



**LEARN MORE AT:**  
[sparkandstitchinstitute.com/connected-enroll-now](https://sparkandstitchinstitute.com/connected-enroll-now)  
[sparkandstitchinstitute.com/speaking](https://sparkandstitchinstitute.com/speaking)