



## 2017-2018 Parent Information Series:

### Managing the Impact and Influence of Digital Devices and Content: What to do, how to do it and why it's important

Save the date...

**April 24**  
**10:00-11:30 AM**  
**Wilton Library**  
Susan Bauerfeld  
and Chris Parrott  
lead a follow up  
discussion. After  
trying what you  
have learned,  
bring questions  
and hone your  
skills.

Minimum of 25  
registrants for  
program.

Registration  
required at  
[www.wiltonlibrary.org](http://www.wiltonlibrary.org) or 203-  
762-6334.

**Susan Bauerfeld, PhD, Licensed Clinical Psychologist**  
**Chris Parrott, BPS Chartered Counseling Psychologist**

We are all trailblazers in a new frontier - The Digital World. Travel there, via electronic devices, has become so ubiquitous, swift and compelling that it is common to find ourselves there for long stretches of time unaware of how far we have strayed from essential Physical World resources and needs. Because the digital territory is so new, and there are few, if any, experienced guides, parents often feel overwhelmed, scared, daunted and/or defeated. Some resort to Command and Control. Others throw their hands in the air. Some alternate between the two. None of these approaches are particularly helpful to kids who want and need to travel in the Digital World.

Join popular speakers Susan Bauerfeld and Chris Parrott to learn how to take a different approach based on an understanding of the science of how both devices and human relationships can influence behavior. The presentation will include practical, flexible and straightforward guidelines for teaching the skills needed to manage digital devices and content so children and parents can travel in and out of the Digital World with composure, mindfulness, resilience and good health.

This presentation is appropriate for parents with children of all ages.

[www.wiltonyouth.org](http://www.wiltonyouth.org)

**Tuesday, March 20, 2018**

→10:00-11:30 AM @ Wilton Library, 137 Old Ridgefield Road, Wilton  
*Free; registration recommended - [www.wiltonlibrary.org](http://www.wiltonlibrary.org) or 203-762-6334*

→7:00-8:30 PM @ Weston Library, 56 Norfield Road, Weston  
*Free; registration recommended - [www.westonpubliclibrary.org](http://www.westonpubliclibrary.org), click on Calendar*

Sponsored by: Weston Library, Weston Youth Services, SPED\*NET Wilton  
Wilton Library, Wilton Youth Council, Wilton Youth Services