



Early Foundations Parent Workshop Date: Friday, March 16, 2018

Presenter: Location: Room 6, Preschool Studio  
Housekeeping: Washrooms are behind you to the left.

Schedule:

5:30 PM – 5:45 PM Presentation – Technology and Kids' Health, Demo

5:45 PM – 6:30 PM Parent and Community Member Q/A and Parents' Advisory Council Meeting



## Expected Outcomes

1. Technology usage and kids development
  - a. Brain health: current research
  - b. Language development: finding a balance
  - c. Ethics of using technology/screen time as a reward and behaviour management mechanism
  - d. Where on the continuum is your child?
    - i. No dependence – easy to implement
    - ii. Mild attachment – parental controls, behaviour management
    - iii. Serious attachment – graduated introduction, temper tantrums, resentment and redirection

## What Parents can do

1. Setting up parental controls
2. Talking to children about technology
3. Language development, emphasizing body language, tone and facial expressions