

RICHMOND SCHOOL DISTRICT | PARENT INFORMATION SESSION | MENTAL HEALTH WEEK

# Holding Onto Our Kids in a Digital World

*with Dr. Deborah MacNamara*



Dr. Deborah MacNamara is the author of *Rest, Play, Grow: Making Sense of Preschoolers (or anyone who acts like one)*, and her children's picture book, *The Sorry Plane*. She is on Faculty at the Neufeld Institute and Director of the counselling practice, *Kid's Best Bet*.

*As if parenting wasn't hard enough in having to deal with screens, peer pressure on kids - and then we had to add a pandemic on top of it!*

How can we hold on to our kids so we can influence and guide them? What do kids really need from us so as to grow into socially and emotionally responsible beings? This presentation will discuss issues from technology to peer problems and how parents are the ultimate answer for what kids need most of all. Practical suggestions for (re)building strong relationships with kids from preschoolers to teenagers will be discussed along with managing challenging behaviour - including screen time!

## DATE/TIME

**Tuesday, May 2, 2023**  
**6:30 – 8pm**

## LOCATION

**Hosted virtually  
via Zoom**



## REGISTRATION

Register using either the web address or QR code below.

<https://bit.ly/40yMLJH>

