



MANAGING SCREEN TIME TO HELP YOUR KIDS GROW

WEDNESDAY MARCH 12, 2025 AT 6:30 - 7:30PM

Zoom link: <https://us06web.zoom.us/j/84935901761>



01

Children in a digital world

Digital technology provides kids many opportunities to learn and connect, but it also presents challenges for parents to monitor, negotiate, and police their child's online interactions and activities.



02

Are screens ruining your child?

Warning bells are sounding about the negative impacts excessive screen time has on the way the brain works and on the emotional well-being of children. I'll explore the effects of screen time on children with scientific research and real-life examples



03

How much is too much?

While screens can entertain, teach, and keep children occupied, too much use may lead to problems. I'll share recommended guidelines and what the latest research says about screen time.



04

Safety first

Being in a digital environment can present real dangers to children's physical and mental health. I'll explain what you can do to ensure your children are being safe online.



05

How to manage screen time

It can feel like a fight when you're asking your kids to put away their screens. I'll share tips on how to manage screen time in order to create more meaningful connections with your kids. While kids are surrounded by digital devices, parents can take steps to optimize their mental and emotional health



06

Q & A

The last 15 minutes of the presentation will give parents an opportunity to ask questions.

Presenter: Citadel Park School parent Andrew Dutcher, MD

Dr. Andrew Dutcher believes in keeping families together. He empowers parents by equipping them with the tools and resources to improve relationships and create a healthy home environment. Andrew is a sought-after keynote speaker, educator and storyteller. He has expanded his repertoire from writing medical histories and prescriptions to writing books. He published his first book, "Big-Hearted Parenting (Even When It Seems Impossible)" in 2023. Andrew got his medical degree from Dalhousie University and received his specialized training as a child and adolescent psychiatrist through the University of Calgary. Andrew dedicates much of his time to working with Indigenous youth and children in the child welfare system. When he's not working, he's on the hunt for good eats with his wife and exploring nature and other cool places with his three kids.



Please direct questions to citadelparkschoolcouncil@gmail.com