

# Families and Screens



## A 2-session workshop for Parents of 5-10 year olds

Free online via Zoom

Fridays, February 17 & 24th, 2023

12 - 1pm

To register: <https://go.wisc.edu/x74cg6>



Scan QR code with your  
smart phone camera to  
register

Screens aren't good or bad. They are tools we use in daily life. Mindful technology use can help your family find balance and reduce conflict.

Join us to explore:

- The effect of screen use on children
- Strategies for introducing, limiting and monitoring technology
- How your family values impact your screen use
- How to create a family media plan

**Facilitators:**

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