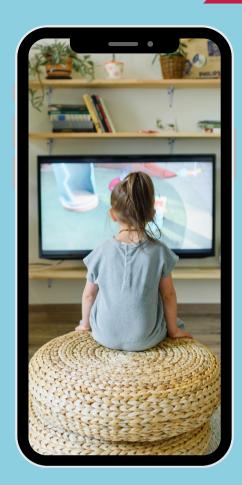


Families and Screens



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:

Tracy Henegar
Human Development and Relationships Educator
UW-Madison Extension Bayfield & Douglas County
715-395-1426

Heidi Ungrodt

Human Development and Relationships Educator UW-Madison Extension Ashland & Bayfield County 715-682-7017

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