

Calling all Parents of Children in grades 3-6

You are invited to join us for:

Balanced Screen Time: The Parent-Child Edition

The #1 question teachers are asked today is:

How much time is too much in front of a screen?!

Very, very closely followed by:

How do I get my child to happily look up from their screen every once in a while?!

**Join us on at Minnehaha UMC on Wed., 24th October from 6-7pm
to answer these very questions WITH your child!**

Bring your 3rd-6th grader along for an hour of learning together!

- **We'll learn** the specific impacts of screens on your body + mind.
- **We'll pinpoint** the only effective way to actually combat + altogether avoid the risks of screen addiction.
- **And we'll create** a balanced screen time plan that works for your individual child and family -- and that you'll both be over the moon for.

Each pair will leave with a balanced screen time plan in place, a *Kindness Wins* book + parent-child *Kindness Wins* contract with personalized directions so that your family can hit the ground running with all of the above.

Please register via this link: bit.ly/minnehahaparentchild

See you on **Wednesday the 24th!**

About our speaker: Galit Breen is the bestselling author of *Kindness Wins*, a simple guide to teaching your child to be kind online; the TEDx Talk, "Raising a digital kid without having been one"; the online course *Raise Your Digital Kid™*; and the Facebook group *The Savvy Parents Club*. She believes you can let your child use the Internet and still create a grass-beneath-their-bare-feet childhood for them. Galit's writing has been featured on *The Huffington Post*; *The Washington Post*; *Buzzfeed*; *TIME*; and more. She lives in Minnesota with her husband, three children, and a ridiculously spoiled mini goldendoodle. TheseLittleWaves.NET

