

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!

As part of Mental Health Week, Dr. Deborah MacNamara led a virtual session for parents, guardians, and caregivers on *Holding Onto Our Kids in a Digital World* this past Tuesday. The video link ([click here](#)) to this presentation is available until May 16, 2023. Please note the presentation is tailored for an adult audience, not children.

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