



# Family Knowledge Sessions

## March 7, 2019



## Screen Time - Awareness

Our children are being exposed to more screens than ever before, including televisions, computers, gaming consoles, smartphones and tablets. Being able to mindfully use and model healthy screen use from an early age encourages positive habits in later life. This workshop is for parents/guardians who have questions about how to best support their children in navigating the rapidly evolving digital landscape.

In this session we will:

- Discuss how much screen time is too much
- Explore how screen time impacts children's development, health and well being
- Provide ideas and resources to set limits around screen time duration and content in your home



The knowledge you gain in this session can change the way your family looks at screen time within your family unit.

### WORKSHOP DETAILS - Registration Required

**Facilitators:** Cara Brand, Child and Youth Mental Health Clinician & Dr. Betty Bartleman, Pediatrician  
**Date:** Thursday - March 7<sup>th</sup>, 2019  
**Time:** 6 pm to 7:30 pm

**Who:** Any parent, guardian or family member wanting to learn more on screen time  
**Location:** Nanaimo Child Development Centre, 1135 Nelson Street, Nanaimo BC

Please register via this link: [Registration for Screen Time Workshop](#)

**Childminding available** - Space is limited so please pre-register via link supplied within the registration process on Eventbrite.

If you have any questions, please contact:

Kimberlee Howland  
Family Resource Navigator  
250-753-0251 ext. 259  
[kimberlee@nanaimocdc.com](mailto:kimberlee@nanaimocdc.com)