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Digitally Distracted:

Program Details

Date / Time:
Wed, Jan. 18th
7:00pm

Where:
Joyce Kilmer
School
80 Ridge Rd, Mahwah, NJ

Presented by:
Mahwah
Municipal
Alliance

Seating:
Limited, so
please register

Register Now:
www.MahwahAlliance.org

Deadline:
Register by Wed 1/11/17

Parenting in the Age of Technology

Kids spend more than eight hours per day, seven days a week on electronic devices. The result is a malleable brain that is rewired to assimilate to a cyber-world - not the real world. The byproduct is chronic anxiety, attention deficit, depression, poor social skills, academic failure, and family relationship problems. This lecture is an eye-opener and will include tips to help live in the real world and less in the cyber world.

This program will provide training and education in:

- Technology use and mental health
- How much screen time is too much?
- Strategies to help your child reduce anxiety
- How much sleep is acceptable for your child?
- Creating leaders, not followers
- Your role as a parent



Psychotherapist and school counselor, Tom Kersting, is a nationally renowned authority in mental health, parenting and wellness and author of the brand new book, **Disconnected - How to Reconnect Our Digitally Distracted Kids**. He is the founder/owner of Valley Family Counseling in Ridgewood, NJ and has 20 years of experience as a private practice therapist and school counselor, and 11 years as a parent. Tom is the co-host of the A&E Network television series, *Surviving Marriage* and has made over 100 television appearances, including regular appearances on popular talk shows. He is a regular contributor to Fox News and has hosted advice shows for Food Network, A&E, National Geographic Channel and Oprah's Wellness Network.



The Mahwah Municipal Alliance is a 501c3 not-for-profit organization.