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Ridgewood Public Schools Community Outreach Program

Co-sponsored by The Valley Hospital, with support from the Ridgewood Education Foundation and the Home and School Association

Wellbeing

Protecting Children &

Family Relationships in the Digital Age



A Talk by Dr. Catherine Steiner-Adair

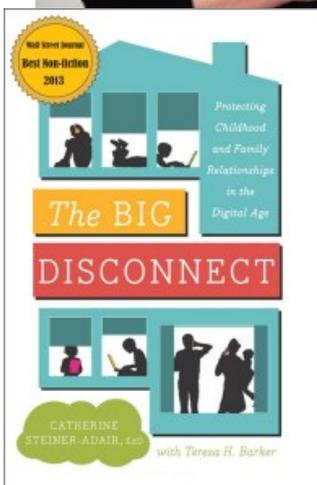
Tuesday, April 18, 2017

7:00-9:00 pm

George Washington Middle School Auditorium
155 Washington Place

Dr. Steiner-Adair offers insights and advice that help parents achieve greater understanding, authority and confidence as they engage with the tech revolution unfolding in their living rooms. Easy access to the Internet and social media has erased the boundaries that protect children, and Dr. Steiner-Adair helps her audiences to understand the psychological fallout that children are experiencing, often with their parents unaware.

While discussing how chronic technological distractions can have deep and lasting effects on children and parents alike, Dr. Steiner-Adair proves that children need parents and educators to provide what technology cannot: close, meaningful interactions with the adults in their lives and purposeful learning and play in real life. She gives her audiences the skills to deconstruct unhealthy messages from online culture and create space for nourishing deep attention, creativity, empathy, and healthy relationships.



Dr. Catherine Steiner-Adair is an internationally recognized clinical psychologist, school consultant and award winning author. Dr. Steiner-Adair has a private practice in Chestnut Hill, MA, where she works with children, adults, couples, and families. She is a Research Associate in the Department of Psychiatry at Harvard Medical School and an Associate Psychologist at McLean Hospital.