

Tech Meets Parenting: A Balancing Act

It is no secret that we are changing the world with technology. Technology has provided tools for our world to stay connected and a platform to learn beyond our physical borders. It can enrich everyday experiences and has led to advancements that have increased our overall productivity, efficiency, and quality of life. At work, school, or home, technology has become an important tool that has been woven into our daily lives. When technology is used improperly or in excess, it can also be detrimental to the user, their family, and the community. Understanding this potential risk, it is important to establish a healthy relationship with technology... exploring while setting parameters and developing skills to properly manage our use of technology.

Our children have grown up with technology at their fingertips, so leading by example and setting boundaries is more important than ever. In many ways, guiding your children now means helping them along in the real world, as well as in the digital world. While they will need to learn healthy habits around using technology to be balanced, successful digital citizens - we as parents can probably benefit from a few pointers ourselves!

Join us on **Thursday, February 24 at 7:00 pm EST** for a virtual family-focused event that will explore our relationship with technology. We will discuss the importance of and tactics around being a good role model and setting boundaries at all ages.

[Register today](#)

www.ccfowr/speaker-series

Event Agenda:

Welcome & introduction from host, [Alex Kinsella](#)

Building Healthy Habits, Dr. [Michelle Ponti](#), CPRI

The Shift from Monitoring to Mentoring, [Matthew Johnson](#), Media Smarts

Modelling Healthy Digital Usage, [Kristen Anderson](#), KW Counselling

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Our Host:

Alex Kinsella, Content Marketer, Kinsella Marketing Inc.



Alex Kinsella is a freelance content marketer and writer based in Waterloo Region, Ontario. He's worked with some of Canada's most well-known tech companies in roles including customer success, development, product management, PR, social media and marketing. Alex has contributed to publications including BetaKit, The Community Edition, Grand Magazine, and more.

Building Healthy Habits

Dr. Michelle Ponti, Paediatrician, Child and Parent Resource Institute (CPRI)



Dr. Michelle Ponti is a Paediatrician in London, Ontario. She works at the Child and Parent Resource Institute (CPRI) a children's mental/developmental health facility. Her practice focuses on children with complex behavioural, developmental, and learning issues. This includes paediatric consultation about child development, dual diagnosis and neurodevelopmental disorders including fetal alcohol spectrum disorder. She works within an interdisciplinary team model and provides medical care to children in outpatient and inpatient services. Dr. Ponti was the Chair of the Digital Health Task Force for the Canadian Paediatric Society. She worked with this Task Force on the updated recommendations on screen time in young children 0-5 years and more recently examined the health effects of screen media use in school-age children and adolescents.

The Shift from Mentoring to Monitoring

Matthew Johnson, Director of Education, Media Smarts



Matthew Johnson is the Director of Education for MediaSmarts, Canada's center for digital and media literacy. He is the author of many of MediaSmarts' lessons, parent materials and interactive resources and a lead on MediaSmarts' *Young Canadians in a Wired World* research project. As an acknowledged expert in digital literacy and its implementation in Canadian curricula, Matthew is the architect of MediaSmarts' *Use, Understand, Create: Digital Literacy Framework for Canadian K-12 Schools*. He has contributed blogs and articles to websites and magazines around the world as well as presenting MediaSmarts' materials on topics such as copyright, cyberbullying, body image and online hate to parliamentary committees, academic conferences and governments and organizations around the world, frequently as a keynote speaker.

Modelling Healthy Digital Usage

Kristen Anderson, Facilitator, KW Counselling



Kristen Anderson is a Parenting Now administrator and facilitator at KW Counselling. She's been a facilitator of various programs for 15 years. Kristen is also the Parenting Now website editor and digital media lead. Kristen resides in the Waterloo Region and is a parent of 3 children.