



ParentWiser brings the latest research and educational information into the homes of our student families to support parents in raising thriving individuals. We are made possible by a partnership with the Issaquah School District PTSA and Issaquah Schools Foundation.

AUG 13, 2020 • 7:00-8:15p via Zoom

Balancing Life & Technology in a Digital World

Doreen Dodgen-Magee, PsyD



As parents, we must actively make choices about technology for our children. This may seem overwhelming as our dependence on screens has increased during the pandemic and will continue with distance learning arrangements this fall.

*FREE for Caregivers of K-12 in the Issaquah School District.
Register online at www.parentwiser.org*

While the effects of screen time differ at each point of development, real changes to the brain, relationships and personal lives are well documented. Join Doreen Dodgen-Magee as she explores these alterations and offers a realistic look at how we can better use technology and break away from the bad habits we've formed. Doreen is a psychologist with 25 years of experience who has traveled the globe researching and speaking about the effects of technology. She is the award winning author of *Devised! Balancing Life and Technology in a Digital World*.

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