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Digital Detox: How to help kids disconnect from their screens and engage with the real world

1. What is **actually** happening to your kid's brain each time they pick up their phone?
2. What are the general guidelines for parents to follow in terms of what is an **appropriate** amount of screen use for kids of different ages?
3. Do those guidelines depend on the type of screens and how they're interacting with them?
4. What are some signs your kid is **too attached** to their screens?
5. What can **parents** do about this if they do see these signs?
6. How can **you** start this conversation with **your** kid?