



# • CONNECTED •

## The Online Class For Parenting in the Digital Age



### SUPPORT PARENTS AT HOME SO THEY CAN BE THEIR BEST AT WORK.

Even before COVID-19, parents and kids alike were spending a lot of time screens. Now working parents need even more support. Families deserve evidence-based resources, not fear-based soundbites, as they navigate escalating screen time challenges.

This three-week online class from Spark & Stitch Institute delivers the latest insight and strategies for digital-age parenting and helps companies fulfill their commitment to providing support to parenting team members during this challenging time.

**Flexibility that working parents need and deserve.**

For parents, flexibility is everything. Parents are juggling competing demands on their time and attention and need solutions that fit into their busy lives. This course consists of short videos and practical downloads that working parents can access online or via app.

**Clear, transformational strategies that can adapt to fit different families.**

Parents and families are unique. With access to twelve short videos, interactive guides and exercises, and an online community forum, parents are able to find and practice approaches that work for them.

**Build a corporate culture that supports working families and prioritizes employee engagement.**

Give parents across your organization the ability to engage in the same content, strengthening their parenting toolkit and deepening engagement with their colleagues and workplace.

### Why screen time? Why now?

Kids across the country have been handed a tablet for school this year but few parents have received an instruction manual on digital parenting to go along with it. Instead, parents are left scrambling to catch up and confused by conflicting information and advice. Now is the time to equip parents with evidence-based strategies to navigate digital risks, build digital skills, and nurture their kids' digital strengths.

The research is clear. Children benefit from parents who take on the role of digital mentor, a role that requires warmth, coaching and structure. Yet stress around screen time can quickly erode connection and increase conflict. The challenge is that more screen time often means more power struggles, more distractions, and more confusion about how much screen time is too much. Parents deserve evidence-based support that builds on their family's strengths, not advice that exploits fear and amplifies worry.

Erin Walsh has designed workshops and delivered keynotes on technology's impact on child health and development to thousands of parents across North America for over twenty years. This short online class delivers the foundational parenting mindset and strategies that help kids minimize online risks while taking advantage of online opportunities. The result is less stress, increased confidence, and more connection.

### How does the class work?

This online class is designed to be a self study, meaning that parents can engage in the videos and downloads on their own schedules. There are three modules or "Sparks" that deliver science and strategy around key parenting challenges. Once a participant accesses the course, they receive one Spark a week for three weeks. Access to the content is provided for six weeks so parents can revisit the resources when they need it most.

"I appreciate how you offer reflection questions about parenting worries and fears that may be driving us to react rather than respond to the challenges of parenting technology. And I love the scenarios and language/step examples for mentoring kids through common requests... I think this all really normalizes the struggles we face and shows there is no one way, even within the role of "mentor" to get it (mostly) right."

Sarah, Parent

"I think employers would be interested in this course to help employees feel less stress at work! The format is flexible because employee can participate at their own convenience. Having an online program offers participants the ability to watch when it fits within their work/home schedule. Many employees are parents and so the topic is very relevant. Thank you!"

Joy, Met Council HR



### Course Content

- 3 learning modules or "Sparks." Participants receive one Spark a week for three weeks.
- 12 video lessons, each 4-8 minutes long.
- 12 supporting downloads with exercises, prompts, and practical parenting strategies.
- 6 weeks of access after initiating course.
- BONUS: Invitation to Spark & Stitch Institute private Facebook group for all online class participants for community and Q&A.

### Modules or "Sparks"

#### Welcome

#### Spark 1 - Connect & Communicate

- An introduction to being your child's digital mentor.
- Communicating and coaching through digital challenges.
- Nurturing digital strengths and setting boundaries.

#### Spark 2 - Rest & Rejuvenate

- Prioritizing sleep, boredom, movement, and rest.
- Setting goals and changing habits.

#### Spark 3 - Focus & Fire Up

- Helping your child build their focused attention.
- Managing multitasking.
- Practicing mindful media habits.

#### Wrap-up

VISIT [sparkandstitchinstitute.com/group-license-parenting-classes](https://sparkandstitchinstitute.com/group-license-parenting-classes) for more information.

OR

EMAIL [onlineclasses@sparkandstitchinstitute.com](mailto:onlineclasses@sparkandstitchinstitute.com) for more details and pricing.