



# • CONNECTED •

## The Online Class For Parenting in the Digital Age



### STRENGTHEN PARENT-CHILD CONNECTIONS ONLINE AND OFFLINE

COVID-19 means that parents and kids alike are spending a lot more time with screens. Caregivers deserve evidence-based support, not fear-based soundbites, as they navigate screen time challenges. Children and youth need digital mentors who help them take advantage of digital opportunities while minimizing risk.

This three-week online class from Spark & Stitch Institute delivers the latest insights and strategies for digital-age parenting and helps families build on their strengths.

**Flexibility that caregivers need and deserve.**

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

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

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

**An investment in caregivers that supports digital wellbeing and strengthens family relationships.**

Give caregivers the ability to engage in the same content, strengthen their parenting toolkit and deepen their connection with your organization. Launch webinars, meet-ups or online discussions are great ways to complement the online class.



### Why screen time? Why now?

Kids across the country have been handed a tablet for school this year but few caregivers have received an instruction manual on digital parenting to go along with it. Instead, parents and caregivers are left scrambling to catch up and confused by conflicting information and advice. Now is the time to equip them with evidence-based strategies to navigate digital risks, build digital skills, and nurture digital strengths. Technology can unleash incredible opportunities for children and families if they are equipped with the home-based strategies to manage them.

The research is clear. Children benefit from parents and caregivers who take on the role of digital mentor, a role that requires warmth, coaching and structure. 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 to respond to online incidents. 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. Parents everywhere are searching for strategies and ideas for navigating escalating screen time challenges. This short course delivers the foundational mindset and strategies that result in less stress, increased confidence, and more connection.

### How does the class work?

This online class is designed to be a self study, meaning that caregivers 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. Parents have access to the content for six weeks so they can revisit the content 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 just worked through this moving towards mentorship download and wow, that was extremely helpful! My ah-ha takeaway to share was this...I need to include my son more in the research! I usually do it on my own, but then come back to him with the usual "no." Also, I need to have more clear lines of what our pre-decided, non-negotiables even are. I see where I can improve, and understand where it might be frustrating for him, thank you!

- Jessica, Parent



### 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 to learn about group discounts for schools and non-profits.