



Erin Walsh, Spark & Stitch Institute
<https://sparkandstitchinstitute.com/speaking/>

Screen Time Topics:

It's Complicated: Teens, Social Media, and Mental Health

In this interactive and energizing talk, Erin Walsh cuts through the noise with a refreshing blend of brain science, relatable storytelling, and humor. Discover what truly matters when it comes to technology and teens, especially around top concerns like anxiety, depression, overuse, body image, and attention. Learn how to transform your relationship with teens around screens—not just to help them navigate online risks but to foster digital well-being.

iBrain: Learning in an Age of Distractions

Attention is one of our most precious and valuable resources. In this workshop, Erin Walsh unpacks the brain science of attention, memory, and multitasking in today's digitally connected world. Explore the distraction economy, understand the seeking brain, and gain practical strategies for helping young people build focus as they navigate homework, YouTube, texting, and social interactions.

From Apps to Laps: What Young Children Need From Us in the Digital Age

Families are tired of conflicting advice—some companies promise that media can boost children's intelligence, while experts urge parents to limit screen time. In this engaging talk, Erin Walsh uses science, stories, and humor to cut through the confusion about screen time in early childhood. Let go of screen time shame and discover practical strategies to support healthy development—both online and offline.

Courage Wins: Helping Navigate Online Conflict, Drama, Cruelty

While bullying has long been a painful part of growing up, today's digital world lowers the barriers and raises the stakes. But cyberbullying doesn't exist in a vacuum, and the solution isn't as simple as taking away devices. In this warm and engaging workshop, discover how to help kids navigate online drama, disrupt bullying behaviors, and practice emotional courage when it matters most.



Kids and Screens: Why The Shift From Control to Connection is Key to Mental Health

There is escalating concern about the impact of technology on child and adolescent mental health. It's tempting to respond with an ever-growing list of "places you shouldn't go and things you shouldn't do." Yet evidence indicates that this approach is not only insufficient given the complexity of young people's digital lives but that it can amplify risk. Combining science, warmth, and humor, this workshop ignites a shift to the relationship-based approach to digital wellbeing that young people need and deserve.

Mental Health Topics:

The Many Faces of Stress: Raising Resilient Kids

Kids and parents today face a long and varied list of stressors. The challenge? Children often express stress through difficult behaviors, making it hard to know how to respond. In this engaging and interactive workshop, Erin Walsh unpacks how stress shows up in kids and teens—and how you can respond in ways that build resilience rather than erode it. Walk away with warm insight and practical strategies to navigate challenges and strengthen family connection when it matters most.

The Science of Motivation: Getting Going Again

The internet is full of tips on staying productive and motivating kids through stress and changing routines. But in reality, productivity and high motivation can be hard to find in challenging times. This workshop unpacks the science of motivation and delivers practical insights on how to nurture it in kids—not just to get more done, but to support their mental health and well-being.

The Worried Brain: Helping Kids and Teens Build a Worry Toolkit

Worry is one of the brain's superpowers—it helps us plan ahead, assess risks, and stay safe. But when worry takes over, it can disrupt family life and erode children's mental health. Helping kids distinguish between helpful worry and overwhelming worry is essential—but many common parenting responses can unintentionally make anxiety worse. In this engaging workshop, learn how worry shows up in kids and teens and discover practical strategies to respond in ways that strengthen resilience and well-being instead of eroding it.



Adolescent Brain Topics:

Why Do They Act That Way? A Compassionate Guide to the Teenage Brain

Based on the best-selling book, Erin unpacks what happens in the adolescent brain as it transitions from childhood to adulthood. Using science, storytelling, and humor, Erin Walsh reveals why moodiness, risk-taking, and miscommunication are so common—all are linked to physical changes and growth in the adolescent brain. Transform your relationship with teens and discover what they need from you to grow into capable, caring adults.

Want to Raise an Independent Teen? Share Power

It's hard to know what to do when our children face major challenges. Should we protect them or prepare them? The answer, like so many aspects of parenting, is a bit frustrating: it's both, and it depends. Discover why independence is key to resilience, and explore a compelling framework that will help you nurture your teen's autonomy and confidence.

Three Common Beliefs About Teenagers That Can Escalate Conflict (And What To Do Instead)

Surviving the teen years? It's a minefield of challenges. When your teenager pushes back, your brain can hijack your best parenting intentions. Brain science reveals why! Join Erin Walsh to uncover the three hidden mental traps sabotaging your relationship with your teen—and learn the game-changing strategies to reconnect when it matters most.

It's Their World: Teens, Screens, and the Science of Adolescence

Adolescence opens a powerful 'window of opportunity and sensitivity'—a time when young brains are wired for growth yet uniquely vulnerable to stress, peers, and instant rewards. Enter smartphones and social media. In this dynamic session, Erin Walsh reveals the fascinating intersection between teen brain development and digital immersion. Discover when tech enhances your teen's growth and when it derails it—and gain practical strategies to maximize benefits while minimizing risks. Take home actionable insights guiding today's teens through their digital adolescence.



Additional Topics:

Boundaries Without Battles: How to Be Flexible and Firm When Kids Need It Most

Setting limits is always a challenging part of parenting. It can be especially hard to know when to be flexible and when to hold the line. Learn more about why kids and teens need boundaries and how to be both flexible and firm when your kids need it most. Parents will learn how to clarify their limits and follow through with consistency and care.

Sibling Squabbles: The Art of Intervening

A certain amount of bickering, fighting, and arguments are just a normal part of growing up. We haven't met a parent yet who has found a way to eliminate all sibling rivalry and arguments from family life. The good news is that you wouldn't want to live without any sibling conflict! Not only is it unrealistic, but as your kids negotiate getting along they are gaining skills they will use for the rest of their lives. This workshop is designed to help you think about when and how far you want to step in and when to step away and let siblings work it out.

Why Challenging Rigid Gender Norms Helps All Children Succeed (And How to Get Started)

In many ways, children today are growing up in a world with more expansive understandings of gender than generations before. At the same time, studies show that rigid gender roles continue to be engrained in our expectations, language, and culture. This isn't without consequence for kids, as decades of research link belief in rigid feminine and masculine norms to lower health, education, and economic outcomes. So how can parents tackle rigid gender norms and create a different future for our kids? Erin Walsh translates the latest research in child development to help families see how children "learn gender" and internalize gender bias. Learn concrete strategies for disrupting rigid gender norms in ways that help all kids thrive.

Kids and Conflict: Learning How to Care and Repair

We are born hardwired to connect. But that doesn't mean that navigating relationships is easy. Indeed, skills like empathy, self-management, and conflict resolution are works-in-progress for children as they learn to navigate "me to we" dilemmas at home and in the classroom. While the impulse to step in and protect children from distress and disagreement with peers is strong, these interactions can be critical sites of learning and growth. In this warm and engaging workshop, Erin Walsh will explain the neurological basis of social and relationship skills and share ways to help children practice healthy conflict and repair.