



JUDGE BAKER CHILDREN'S CENTER SPEAKER SERIES

LIMIT SETTING IN THE AGE OF TECHNOLOGY: EFFECTIVE STRATEGIES FOR KINDERGARTEN THROUGH 8TH GRADE

- The brain science behind screen time addiction
- The reality of technology: Balancing school-required use and personal use
- Setting limits: Finding the right fit for your child and family
- Concrete resources and tools for parents and caregivers

**Thursday, November 8th
7:00-8:00 p.m.**

Westwood High School Little Theater

PANELISTS:

Todd Danforth, Ph.D., School Psychologist, E.W. Thurston Middle School
Licensed Psychologist in the Commonwealth of Massachusetts

Danielle Sutton, M.S.W., LICSW, Director at Westwood Youth and Family Services

Sarah A. Tannenbaum, Psy.D., Associate Director, Summer Enrichment Institute and
Staff Psychologist, Center for Effective Child Therapy, Judge Baker Children's Center

Please submit questions that you would like addressed by the panelists to Maria Torres at mtorres@jbcc.harvard.edu. No names will be used.



ABOUT THE SPEAKER SERIES: Judge Baker Children's Center is hosting a series of free discussions to raise awareness about important topics in children's mental health care and development while fostering a lively exchange of ideas. For more information about Judge Baker Children's Center, visit jbcc.harvard.edu.