

# DIGITAL HEALTH AND WELLNESS

Plan and Protect Your Child's Future

Join us for an interactive 3-part series that will focus on planning and preparing your child for their digital future.

For families with children ages 5 and under

May 2, 9 and 23, 2024 @ 5:30-7:00pm

Verplanck Elementary School

## Participants will:

Learn strategies to support their children with healthy exposure and interaction with digital devices (i.e., cell phones, tablets, video games, and more).

Explore various resources to understand and consider when providing digital devices to their children.

Develop a custom family plan for using digital devices safely, respectfully, and responsibly.



Registration required. Contact Donna Farr at [dfarr@manchesterct.gov](mailto:dfarr@manchesterct.gov)

