



## Raising Kids in a Digital Age: Part II

Thursday, May 30, 6 to 7 p.m.

***Presented by: Angela Mattke, M.D., Mayo Clinic pediatrician  
and medical editor of Mayo Clinic Guide to Raising a Healthy Child***

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The issues facing kids today are very different from even just a few years ago. The internet and technology, while useful in many ways, create challenges for parents, educators and anyone caring for our youth.

This program is the second in a two-part series on helping kids navigate the world of technology in a safe and healthy way. As a follow-up to Part I on Internet Safety, Part II, "Raising kids in a Digital Age," will focus on what adults can do to help promote healthy interaction with technology for kids of all ages.

### **This presentation will address:**

- How much screen time is safe
- How to help kids manage technology and electronics
- Electronic etiquette
- Role modeling and technology addiction

Participants will learn how to set safe limits, establish ground rules and determine appropriate use of technology for fun and learning.

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### ***Austin Public Library – Community Room***

*Space is limited and registration is required, visit [www.mowerrefreshed.org](http://www.mowerrefreshed.org).*

*Attendees will have a chance to win a copy of Dr. Mattke's just-released book, Mayo Clinic Guide to Raising a Healthy Child.*

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