· CONNECTED ·

How to Show Up For Your Kids in the Digital Age

BUILD PARENT CAPABILITIES AND STRENGTHEN FAMILY-SCHOOL PARTNERSHIPS.

LEA   **Spark & Stitch Institute**

Parents and kids alike are spending a lot more time with screens. Parents deserve evidence-based support, not fear-based soundbites, as they navigate screen time challenges. Students need digital mentors at home to succeed in school.

This three-week online class from Spark & Stitch Institute delivers the latest insight and strategies for digital-age parenting and helps Lutheran educators fulfill their commitment to partnering with families for student success and wellbeing.

Flexibility that parents need and deserve.
For parents, flexibility is everything. Parents are juggling competing demands on their time and attention and need solutions that fit into their busy lives. This course consists of short videos and practical downloads that working parents 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 find and practice approaches that work for them.

An investment in parents that supports digital wellbeing and builds a healthy school culture.
Give parents (and teachers!) in your school the ability to engage in the same content, strengthen their parenting toolkit and deepen their connection with the school community. School-based launches, meet-ups or online discussions are great ways to complement the online course.

A partnership between the Lutheran Education Association and Spark & Stitch Institute
Lutheran schools understand that supporting students means supporting families. This is why LEA is partnering with Spark & Stitch Institute to bring Dr. Dave Walsh and Erin Walsh's science, warmth, and parenting strategies to parents through accessible online classes.

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

The research is clear. Children benefit from parents 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 much screen time is too much. 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 parenting mindset and strategies that minimize online risks while taking advantage of online opportunities. The result is less stress, increased confidence, and more connection.

How does the class work?
This online class is designed to be a self study, meaning that parents 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 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."
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> 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.
- Parents will have access to the course for three months.
- 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 https://sparkandstitchinstitute.com/parent-education-lea/ for more information.
OR
EMAIL onlineclasses@sparkandstitchinstitute.com for more details and a quote.
Pricing is based on a tiered user model. Please ask about LEA discounts.