



# Mindful Tech Lessons

EMPOWERING CAREGIVERS & EDUCATORS IN A DIGITAL WORLD

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## Mindful Tech Lessons

Raising kids in a digital world isn't easy but you don't have to do it alone. Get practical tools, relatable strategies and real support through workshops and sessions designed for families & teachers guiding children in today's digital world.

## Goals

- 1 Brain Research, Laws & Recommendations
- 2 Smartphone Alternatives, Safety Tips, & Family Tech Philosophies
- 3 Creating a Personalized Family Technology Plan (Norms)
- 4 Play-Based v.s. Tech- Based Childhood, Increasing Reading & Independence

## Success Stories

**"That was amazing!!! Best parent workshop I've ever been to. Hands down."**

- Julia G.

**I am so here for the community and beyond grateful to you Jill for leading and paving the way... You've inspired us so much. My most sincere thanks ❤️"**

- Kat M.

**"I was looking at your materials yesterday (which are incredible and so thoughtful and helpful) and reflecting on what a difference you are making in the community. The information you are providing is not only critically important to safeguard all of our children from the harms - known and unknown." - Carrie S.**

## What to Expect

- ☒ Teacher Tips
- ☒ Parenting Pointers
- ☒ Resource Folders
- ☒ Pause & Play Kits

## Mission

Our mission is to support families and school communities in raising healthy and happy children who thrive in today's digital world. We provide practical tools, relatable strategies, and valuable resources to empower you to create healthy habits. We're also deeply passionate about helping children become lifelong readers and learners. We know the joy and benefits of reading, and that's why we weave in simple, effective strategies to build a family reading culture.



## Services

Parent & Caregiver  
Training

Educator Seminars

Live Events & Panel  
Discussions

Hands-on Student  
Sessions

Professional  
Development

Custom Resources &  
Toolkits

## Monthly Books



## Contact



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