Jill Anderson, M.A.

Educational Psychology

### **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.

### **Success Stories**

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

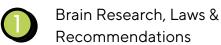
- Julia G.

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 ♥"

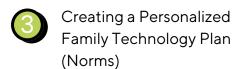
- Kat M.

"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.

### Goals







Play-Based v.s. Tech-Based Childhood, Increasing Reading & Independence

## **What to Expect**



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

Hands-on Student Sessions **Educator Seminars** 

Professional Development

Live Events & Panel Discussions

Custom Resources & Toolkits

# **Monthly Books**









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