



Mindful Tech Lessons



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Raising children in a “digital world” is **challenging**, but you have lots of choices and you don’t have to navigate it alone. Get practical **tools, relatable strategies & real support** through workshops that **empower families & educators**. Designed and facilitated by **an enthusiastic teacher who’s only in it for the kids**.

Testimonials

“**Jill is a force of nature!** Few have devoted such energy and commitment to learning everything there is to know about raising healthy kids in today’s digital world – and we’re lucky she’s bringing us her wisdom. Her advice is **practical, invaluable, deeply researched, and drawn from years of real-world experience**. Plus, she’s funny! **Every parent should eagerly welcome this workshop into their community!**” - Josh Kriegman, Director, *The Anxious Generation*

“That was amazing!!! Best parent workshop I've ever been to. Hands down.” - Julia Garcia, Parent & Educator

Goals

- 1 Learn Brain Research, Current Laws & Recommendations
- 2 Create Personalized Family Tech Norms
- 3 Explore Play-Based vs Tech- Based Childhoods, Increasing Reading & Independence
- 4 Practical Strategies, Safety Tips & More-- all with humor and prizes sprinkled in

What to Expect

- Teacher Tips & Parenting Pointers
- Resource Folders & Pause & Play Kits
- Mini Device Fair: Smartphone & Screen-free Alternatives
- Books, Books, Books!

Mission

Our mission is to support families and communities in raising **healthy, happy children** who thrive in today's world. We offer **research-based information** and curate **practical resources** to foster **mindful tech use**. We're also passionate about nurturing **lifelong readers, increasing independence, and encouraging real-world experiences** for our children.



Services

Parent & Caregiver
Workshops

Educator Professional
Development

Private & Small
Group Consulting

Student & Family
Sessions

Live Events & Panel
Discussions

Partnering with youth-
serving organizations

"I'm committed to this mission because..."

too much has changed too fast. When I first started teaching, children would look up at me with bright eyes and say they wanted to be veterinarians because they loved animals, teachers because they loved helping kids, or athletes because they loved playing sports. Today, the most common answer I hear is, 'I want to be a *YouTuber*' or 'an *influencer*' and they no longer tell me why.

When did our children stop dreaming for themselves and start living for strangers?"

Connect



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