

11/27/19

To Whom It May Concern:

I am a public health nurse and have heard Richard's presentation on *Screen time! What's good, bad or too much?* Twice in the last few months. The presentation is excellent and was tailored to the two different audiences perfectly. I really appreciate his realistic examination of adults screen time and the importance of decreasing kids screen time, how to do it and what the benefits will be. Richard is well versed in adult education and has a good understanding of the dynamics of parenting and child development so the suggestions are practical and all delivered with humor and understanding!!

Thank you Richard.

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