



Name of Presenter:

Erin Walsh, [Spark & Stitch Institute](https://www.sparkandstitchinstitute.com)

Erin Walsh is a parent, speaker, educator, and writer. She has worked with communities across the country who want to better understand child and adolescent development and cut through conflicting information about kids and technology. She is fiercely committed to bringing an equity lens and asset-based approach to our understanding of, and response to, youth and media. Her signature down-to-earth approach and sense of humor helps families and educators engage in complicated topics and leave feeling capable and motivated.

Erin has enjoyed bringing science and tips to families and educators alongside her father Dr. David Walsh for nearly 20 years. They started together at the National Institute on Media and the Family and then more recently founded Mind Positive Parenting before creating Spark & Stitch Institute™ in 2019. In addition to writing articles for several other organizations including Bolster Collaborative and Psychology Today, she co-authored the 10th Anniversary Edition of the national bestseller *Why Do They Act That Way? A Survival Guide to the Adolescent Brain for You and Your Teen*.

Title of Presentation:

It's Complicated: Children, Screen Time and Mental Health

Presentation Overview:

Digital technologies are unleashing essential opportunities for connection, learning and participation. At the same time, educators, mental health professionals and parents alike are concerned about the impact of increased screen time on children's mental health and wellbeing. In this interactive and energizing presentation, Erin Walsh will use brain science, stories, and humor to explore the key ingredients for digital wellness and identify practical strategies for helping kids take advantage of the opportunities while minimizing risks.