

A promotional graphic for the Tech-Wise Parenting Summit. The background is dark blue with a subtle pattern of light blue dots and lines. At the top left, the text "TECH-WISE PARENTING" is written in large, bold, black capital letters on a light blue rectangular background. To the right of this, the text "RAISING KIDS IN A RAPIDLY CHANGING DIGITAL WORLD" is written in smaller, light blue capital letters, with "RAISING KIDS" and "CHANGING DIGITAL WORLD" underlined. Below the title, there is a row of six small, square headshots of the speakers. Below each headshot is the speaker's name and credentials in small white text. At the bottom of the graphic, the text "FREE VIRTUAL SUMMIT SEPTEMBER 12-14" is written in bold, orange capital letters. Below this, a dark orange banner contains the website "susanstiffelman.com/techwise" and the text "or text TECHWISE to 1-310-905-8165" in white.

TECH-WISE PARENTING

RAISING KIDS
IN A RAPIDLY
CHANGING DIGITAL
WORLD

Jack Kornfield ^{PhD} Trudy Goodman ^{PhD} Daniel Siegel, ^{MD} Dr. Kristin Neff Dr. Rick Hanson Delaney Ruston, ^{MD}

FREE VIRTUAL SUMMIT SEPTEMBER 12-14

susanstiffelman.com/techwise or text TECHWISE to 1-310-905-8165

Tech-Wise Summit Promotional Materials: Dr. Kristin Neff

Facebook Posts:

Technology isn't all good or all bad, but our kids and teens need help developing healthy tech habits. The FREE Tech-Wise Parenting Summit, hosted by @susanstiffelmanauthor, features conversations with 20+ experts who will share how to safeguard our children's mental health as screens, social media, and A.I. become more a part of our lives. Join me with @drdansiegel, @jkornfield, @delaney.ruston, @commonsensemedia, @latinxparenting, @TinaPayneBrysonPhD, and many more. Don't miss this incredible FREE series to find out how to raise kids in a rapidly changing digital world! Mark your calendar: September 12-14. Learn more and register for free: susanstiffelman.com/techwise (or insert your unique partner program link)

It can seem like our tech-savvy kids are way ahead of us in all things digital... but the truth is, they need our guidance as they navigate an increasingly complex online world. If you could use practical tips for helping kids develop healthy habits around tech, join me and 20+ other speakers with @susanstiffelmanauthor for a free online event, Tech-Wise Parenting, on September 12-14. Experts deliver practical strategies to help safeguard our children's mental health as technology and A.I. become increasingly part of our daily lives. You'll hear conversations with @drdansiegel, @jkornfield, @delaney.ruston, @ebenpagantraining, @rickhansonphd, @latinxparenting, @Shimi.k.kang, @fareedah.shaheed.9, @commonsensemedia, and so many more. Don't miss this incredible FREE resource for raising kids in a rapidly changing digital world! Learn more and register for free: susanstiffelman.com/techwise (or insert your unique partner program link)

Does your family struggle to find a healthy balance between screen time and other activities? Join me with @susanstiffelmanauthor to hear conversations about the challenges parents face in trying to limit their children's and teens' screen time. Susan's free online event, Tech-Wise Parenting, takes place on September 12-14. The summit offers conversations with 20+ additional experts who will deliver strategies to safeguard our children's mental health as technology and AI become increasingly part of our daily lives. Speakers include @drdansiegel, @jkornfield, @delaney.ruston, @latinxparenting, @TinaPayneBrysonPhD, @commonsensemedia, @rickhansonphd, and so many more. Don't miss this incredible FREE resource for raising kids in a rapidly changing digital world! Learn more and register for free: susanstiffelman.com/techwise (or insert your unique partner program link)

Tweets:

Feeling overwhelmed by tech, social media & A.I.? Join me with [@susanstiffelman](https://twitter.com/susanstiffelman) for a FREE online event, Tech-Wise Parenting, to learn what the future holds for our kids in their digital lives. Register here: susanstiffelman.com/techwise (or insert your unique partner program link)

Want to help your children build healthy habits around screens and technology? Join me with [@susanstiffelman](#), [@DrDanSiegel](#), [@tinabryson](#), [@JackKornfield](#), [@CommonSense](#) & many more – FREE Tech-Wise Parenting Summit! susanstiffelman.com/techwise (or insert your unique partner program link)

Struggling to set limits on screen time with your kids? You're not alone – but help is on the way! Join [@susanstiffelman](#), [@DrDanSiegel](#), [@tinabryson](#), [@JackKornfield](#), [@CommonSense](#) & many more for Tech-Wise Parenting Summit! It's FREE! susanstiffelman.com/techwise (or insert your unique partner program link)

Newsletter Copy:

Are you prepared to guide your kids through the rapidly changing world of tech, social media and A.I.? Many parents find it increasingly difficult to get their kids to unplug from their devices — and it's no surprise, given the feel-good neurotransmitters that flood their brains when they get a “Like” or score a point.

In a new FREE online series, Tech-Wise Parenting, author and family therapist Susan Stiffelman explores how to create realistic habits, routines, and practices around screens. With a panel of exceptional experts in psychology, parenting, neuroscience, mindfulness, security, and innovation, this 3-day summit will address every aspect of raising kids in our increasingly complex digital world. And it's FREE!

The series takes place September 12-14. I'll be speaking alongside other world-class speakers, including Dan Siegel, Jack Kornfield, Trudy Goodman, Leslie Priscilla, Nir Eyal, Merve Lapus of Common Sense Media, Delaney Ruston, Tina Payne Bryson, and so many more!

The series will include:

- Establishing healthy tech routines
- Addressing mental health concerns
- Using mindfulness and play to stay grounded
- Maintaining strong parent-child connection
- Understanding how AI impacts kids' lives
- Adapting to change with confidence and compassion
- And so much more!

More than ever, our kids need us to help them embrace tomorrow's challenges and opportunities with confidence. Learn how to be the calm, connected Captain of the ship while supporting our children to enjoy technology without being controlled by it. Remember, it's FREE! Register here: susanstiffelman.com/techwise (or insert your unique partner program link)

Graphics:

TECH-WISE PARENTING

Hosted by
Susan Stiffelman

RAISING KIDS IN A RAPIDLY CHANGING DIGITAL WORLD

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Jack Kornfield, Trudy Goodman, Daniel Siegel, Kristin Neff, Rick Hanson, Delaney Ruston, Merve Lopus, Fareedah Shaheed, Eden Pagan, Tiffany Shlain, Bzu Shiferaw, Nir Eyal, Catherine Price, Leslie Priscilla, Hilary Cash, Tina Bryson, Melanie Horne, Joan Twenge, Matt Swingle, Brooke Sharning, Anna Lembke, Ari Andersen, Shira King, Jean Rogers, Vanessa Lapointe

TECH-WISE PARENTING



Hosted by
Susan
Stiffelman

RAISING KIDS IN A RAPIDLY CHANGING DIGITAL WORLD



Jack Kornfield



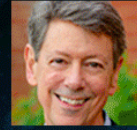
Trudy Goodman



Daniel Siegel



Kristin Neff



Rick Hanson



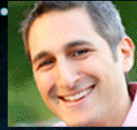
Delaney Ruston



Merve Lopus



Fareedah Shaheed



Eben Pagan



Tiffany Shlain



Bzu Shiferaw



Nir Eyal



Catherine Price



Leslie Priscilla



Hilarie Cash



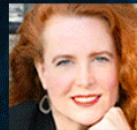
Tina Bryson



Melanie Hempe



Jean Twenge



Mari Swingle



Brooke Shannon



Anna Lembke



Ari Andersen



Shimi Kang



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