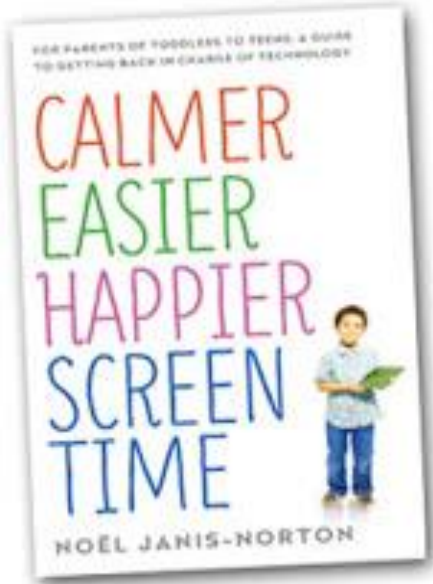


EMILY TROTMAN, M. ED.
PARENTING COACH AND EDUCATOR

LEADING PARENTS, SCHOOLS AND COMMUNITY GROUPS TO BUILD STRONGER FAMILIES
AND MORE PEACEFUL HOMES—LOCALLY



Eastern PTA BookTalk:

“Calmer, Easier Happier Screen Time”

2 Wednesdays

April 3 & 10

12 noon-1:30 pm

Conference Room 1

*led by Emily Trotman, M. Ed.
Parenting Coach*

Are you in frequent arguments over screens with your middle schooler? Having trouble knowing whether they are overdoing it on Netflix and Fortnite—or just doing their homework?

Come and hear some ideas for how to assess what's really happening in your home, and take measures to have a more balanced approach to life with screens. RSVP to info@emilytrotman.com or text to 203-921-7493

Bring a bag lunch, drinks will be provided



*“Do Better Parenting: It's not about being the perfect parent,
but when we know better we can do better.”*

FOR MORE ON WORKSHOPS, UPCOMING EVENTS AND INDIVIDUAL COACHING



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