Disconnect 2 Reconnect

NEWSLETTER

THE D2R CAMPAIGN CONTINUES



THE LATEST FROM THE D2R COALITION!

May 2026

Our first conference is in the books! The Transformative Power of Play: Combating Depression, Anxiety and Isolation in the Digital Age on April 27th was all we hoped it would be – inspiring, exciting, fun, and full of new ideas, resources and partners. See below for photos, links to presentations, and ways for you to get involved.







Conference Highlight:

The Transformative Power of Play Conference:

A Resounding Success!

Combating Depression, Anxiety and Isolation in the Digital Age

Thank you to everyone who joined us for the D2R Transformative Power of Play Conference. Your participation, energy, ideas, and passion made this event truly impactful!



This conference brought together educators, social workers, community leaders and more to explore how play ultimately supports brain development and overall well-being in today's digital world.

As one participant shared, the conference was "eye opening" and packed full of hands on learning that worked to reinforce each speakers message that play isn't just fun its essential for growth, building resilience, and fostering community connections.

Inspiring breakout sessions on play, learning, and brain development

Meaningful connections with educators, social workers, and community leaders

Powerful takeaways to support children and youth in today's world

We are very grateful to the Keynote Speaker Mia Sundstrom who has reinforced and encourage our understanding that when we prioritize play, we do more than make moments of fun, we strengthen our confidence, our connections, deepen engagement, and shape healthier futures for our communities.

Stay connected for future events!

D2R Website

The Debate on Gaming and EdTech Continues

To what extent do EdTech games contribute to learning? Or are they just a distraction? Dr. Molly Worthen acknowledges some of the pitfalls while suggesting “thoughtful moderation” as a sound way forward, utilizing digital tools in ways that not only promote creativity but also “collaboration and risk-taking”.

Check out the article here

Technology and the Law: What’s Happening

May Family Activities

Julie and Andrew Liddell have been representing individuals and families for years. Now as partners at the EdTech Law Center, they work to ensure that the EdTech industry "serves students not shareholders". To stay on top of the increasing amount of EdTech litigation, check out their website at [About Us - EdTech Law Center]

Click here

Celebrate National Screen-Free Week



IPA USA invites you to "change your family's relationship with screens" the week of May 4th to May 10th. Their website offers all kinds of resources from activities to organizing hints and media ideas - for families, schools, faith communities, libraries and more.
[Discover Resources for Screen-Free Week - Screen-Free Week]

Read More

To Enjoy with Children



What do climbing a hill, following ant trails, gazing at clouds have in common? They all take place in nature, rather than on screens. For 101 things you can do with children in nature, see this list from Green Hearts Institute for Nature in Childhood's list, and add your own special activities! [Click here for the full list!]

Getting children's summer reading list going: Here's a list of great books for children of all ages from Healthy, Happy, Impactful.



[Bicycle Sundays Start in May!]

[A Family Sing-a-Long at the White Plains Library]

[Make an Appreciation Portrait for someone you love at the Katonah Library]

[Fun At Muscoot Farm]

[Check out what is happening at YOUR local Library!]



Want More on D2R?

Invite others to [join] the D2R coalition! [Check out our join flyer by clicking it below!]



DISCONNECT 2 RECONNECT

What is the D2R Coalition?

The Disconnect to Reconnect (D2R) campaign began in 2024 as a time-limited project of Westchester County's 0-6 Subcommittee. D2R arose out of concerns by early childhood service providers and advocates about the detrimental impact of excessive screen time on very young children, and the equally troubling decline of play. A grant from the Board of Legislators to the Westchester Children's Museum for the distribution of over 5,000 fun and interactive activity kits to area families through a variety of organizations, including mental health agencies, libraries and community nonprofits.

In spring 2025, the D2R campaign was officially launched at the Children's Museum with the participation of County Executive Ken Jenkins and the Westchester County Board of Legislators. The enthusiasm and diversity of participants made it clear that "disconnecting to reconnect" was important not just for young children, but also for those caring for and interacting with them, as well as older children, teens, and adults in general.

While D2R initially focused on the impact of screen time and social media on young children, our school age subcommittee, composed of a growing number of parents, has inspired us to broaden our view. This group has been looking at the implementation of the NYS Bell to Bell Policy and the growing use of educational technology in increasingly younger grades and hopes to work more closely with educational leaders and policymakers both locally and on the state level to ensure access and safety for our children.

How can you get involved?

The Disconnect to Reconnect Coalition is proposed as the unifying platform for action among interested parents, educators, healthcare providers, and government and community agencies. From an ongoing basis of education and communication, D2R is now moving forward as a coalition rather than a campaign. We are working now to formalize our structure and operations as a coalition with the aim of expanding our support and activities.

D2R is looking for committed volunteers to help lead the Coalition in meeting its mission through a robust volunteer committee and task force structure. If you would like to know more about how you can share your leadership skills and expertise, we invite you to reach out to one of us: D2Rinfo@wlsmail.org

We will be sure to keep you up to date with more information on subcommittees open to join!

Includes motivational tips and a printable reading log.
[43 Best Summer Books For Kids in 2026 (Great Reading Book List)]



And [join] the newsletter.

If you want to know how we got started, who is involved, and what we have been up to, visit our website!

Visit our Website



Playing for Keeps Screening

Rediscover the joy and importance of play at any age! Host a screening of Playing for Keeps: The Upside of Downtime - a lively and thought-provoking documentary that explores how play supports creativity, connection, and well-being throughout life.

Watch the trailer here

Contact Janet Donat for more information
jdonat@wlsmail.org

D2R: Stay Connected Tip

This month D2R is sending out two newsletters. This one and a second to highlight Screen Free Week! Be sure to take a look at both!

Our D2R Conference Sponsors:

Partner Sponsor

Nancy Barr
Kathy Halas
Dr. Andrew Bell
Dr. Terry L. Kirchner

Silver Sponsor

UNITED WAY Westchester and Putnam

Nonprofit Westchester

Bronze Sponsor

WESTCHESTER PARKS FOUNDATION

wjcs Westchester Jewish Community Services

5 Steps to Five EXPLORE READ PLAY TALK NURTURE













In-Kind Sponsor









Want to download this newsletter as a pdf to share? Click here!

Visit d2rwestchester.info

Disconnect 2 Reconnect

NEWSLETTER

LA CAMPAÑA D2R CONTINÚA



¡Lo último de la Coalición D2R!

mayo 2026

¡Nuestra primera conferencia ya es historia! «El poder transformador del juego: Combatiendo la depresión, la ansiedad y el aislamiento en la era digital», celebrada el pasado 27 de abril, resultó ser todo lo que esperábamos: inspiradora, emocionante, divertida y repleta de nuevas ideas, recursos y colaboradores. A continuación, encontrará fotografías, enlaces a las presentaciones y formas de participar.







Destacado de la conferencia:

La conferencia sobre el poder transformador del juego: ¡Un éxito rotundo!

Combatiendo la depresión, la ansiedad y el aislamiento en la era digital

Gracias a todos los que nos acompañaron en la Conferencia D2R El Poder Transformador del Juego. ¡Su participación, energía, ideas y pasión hicieron de este evento un verdadero éxito!

Esta conferencia reunió a educadores, trabajadores sociales, líderes comunitarios y otros profesionales para explorar cómo el juego, en última instancia, apoya el desarrollo cerebral y el bienestar general en el mundo digital actual.

Como compartió uno de los participantes, la conferencia fue reveladora y estuvo repleta de aprendizaje práctico que reforzó el mensaje de cada ponente: que el juego no solo es divertido, sino esencial para el crecimiento, el desarrollo de la resiliencia y el fortalecimiento de los lazos comunitarios.



Sesiones simultáneas inspiradoras sobre el juego, el aprendizaje y el desarrollo cerebral.

Conexiones significativas con educadores, trabajadores sociales y líderes comunitarios.

Conclusiones poderosas para apoyar a niños y jóvenes en el mundo actual.

Estamos muy agradecidos con la oradora principal, Mia Sundstrom, quien ha reforzado y fomentado nuestra comprensión de que, cuando priorizamos el juego, hacemos mucho más que crear momentos de diversión: fortalecemos nuestra confianza y nuestras conexiones, profundizamos el compromiso y forjamos futuros más saludables para nuestras comunidades.

¡Manténgase conectado para futuros eventos!

Sitio web de D2R

El debate sobre los videojuegos y la tecnología educativa continúa.

¿En qué medida contribuyen los juegos de tecnología educativa al aprendizaje? ¿O son, acaso, una mera distracción? La Dra. Molly Worthen reconoce algunos de los inconvenientes, al tiempo que sugiere una "moderación reflexiva" como un camino sensato a seguir, utilizando las herramientas digitales de maneras que no solo fomenten la creatividad, sino también la "colaboración y la asunción de riesgos".

Lea el artículo aquí

Tecnología y derecho: qué está sucediendo

Julie y Andrew Liddell llevan años representando a particulares y familias. Ahora, como socios del EdTech Law Center, trabajan para garantizar que la industria EdTech "sirva a los estudiantes, no a los accionistas". Para mantenerse al tanto del creciente volumen de litigios en el ámbito de la tecnología educativa, visite su sitio web en [About Us - EdTech Law Center.]

lea más

Celebre la Semana Nacional sin Pantallas.



IPA USA le invita a "cambiar la relación de su familia con las pantallas" durante la semana del 4 al 10 de mayo. Su sitio web ofrece todo tipo de recursos desde actividades hasta consejos de organización e ideas sobre medios para familias, escuelas, comunidades de fe, bibliotecas y más.
[Descubre recursos para la Semana sin Pantallas — Semana sin Pantallas]

lea más

Para disfrutar con los niños



¿Qué tienen en común escalar una colina, seguir el rastro de las hormigas y contemplar las nubes? Que todas estas actividades tienen lugar en la naturaleza, y no frente a una



Actividades familiares de mayo

[¡Los domingos de bicicleta comienzan en mayo!]

[Un canto en familia en la Biblioteca de White Plains]

[Crea un retrato de aprecio para alguien a quien amas en la Biblioteca de Katonah.]

[Diversión en Muscoot Farm]

[¡Echa un vistazo a lo que está sucediendo en TU biblioteca local!]

¿Quieres saber más sobre D2R?

¡Invita a otros a [unirse] a la coalición D2R! [¡Echa un vistazo a nuestro folleto de inscripción haciendo clic en él] [imagen!]



DISCONNECT 2 RECONNECT

What is the D2R Coalition?

The Disconnect to Reconnect (D2R) campaign began in 2024 as a time-limited project of Westchester County's 0-6 Subcommittee. D2R arose out of concerns by early childhood service providers and advocates about the detrimental impact of excessive screen time on very young children, and the equally troubling decline of play. A grant from the Board of Legislators to the Westchester Children's Museum for the distribution of over 5,000 fun and interactive activity kits to area families through a variety of organizations, including mental health agencies, libraries and community nonprofits.

In spring 2025, the D2R campaign was officially launched at the Children's Museum with the participation of County Executive Ken Jenkins and the Westchester County Board of Legislators. The enthusiasm and diversity of participants made it clear that "disconnecting to reconnect" was important not just for young children, but also for those caring for and interacting with them, as well as older children, teens, and adults in general.

While D2R initially focused on the impact of screen time and social media on young children, our school age subcommittee, composed of a growing number of parents, has inspired us to broaden our view. This group has been looking at the implementation of the NYS Bell to Bell Policy and the growing use of educational technology in increasingly younger grades and hopes to work more closely with educational leaders and policymakers both locally and on the state level to ensure access and safety for our children.

How can you get involved?

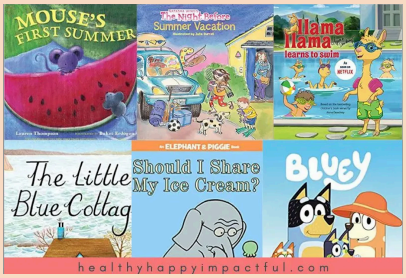
The Disconnect to Reconnect Coalition is proposed as the unifying platform for action among interested parents, educators, healthcare providers, and government and community agencies. From an ongoing basis of education and communication, D2R is now moving forward as a coalition rather than a campaign. We are working now to formalize our structure and operations as a coalition with the aim of expanding our support and activities.

D2R is looking for committed volunteers to help lead the Coalition in meeting its mission through a robust volunteer committee and task force structure. If you would like to know more about how you can share your leadership skills and expertise, we invite you to reach out to one of us: D2Rinfo@wlsmail.org

¡Nos aseguraremos de mantenerlos al día con más información sobre los subcomités a los que pueden unirse!

pantalla. Para descubrir 101 cosas que puedes hacer con los niños en la naturaleza, consulta esta lista del Green Hearts Institute for Nature in Childhood... ¡y añade tus propias actividades especiales! ¡**Haz clic aquí para ver la lista completa!**

Poniendo en marcha la lista de lectura de verano para niños: aquí tienes una selección de libros fantásticos para niños de todas las edades, cortesía de *Healthy, Happy, Impactful*.
Incluye consejos motivadores y un registro de lectura imprimible.
Los 43 mejores libros de verano para niños en 2026 (Una gran lista de lectura)



Proyección de *Playing for Keeps*

¡Redescubre la alegría y la importancia del juego a cualquier edad! Organiza una proyección de *Playing for Keeps: The Upside of Downtime*, un documental dinámico y estimulante que explora cómo el juego fomenta la creatividad, la conexión y el bienestar a lo largo de toda la vida.

Mira el tráiler aquí

Comuníquese con Janet Donat para más información **jdonat@wlsmail.org**

Y **suscríbete a nuestro boletín**.

Si quieres saber cómo empezamos, quiénes formamos parte del proyecto y qué hemos estado haciendo, ¡visita nuestro sitio web!

Visita nuestra página web



D2R: Consejo para mantenerse conectado

Este mes, D2R enviará dos boletines informativos: este y un segundo para destacar la ¡Semana sin Pantallas! ¡Asegúrense de echar un vistazo a ambos!

Nuestros patrocinadores de la conferencia D2R:

Patrocinador Plata

Patrocinador asociado

Nancy Barr
Kathy Halas
Dr. Andrew Bell
Dr. Terry L. Kirchner

Nonprofit Westchester

UNITED WAY Westchester and Putnam

wjcs Westchester Jewish Community Services

Patrocinador Bronce

WESTCHESTER PARKS FOUNDATION

5 Steps to Five: EXPLORE, READ, PLAY, TALK, NURTURE

the YMCA NEW ROCHELLE

Child Care Council of Westchester, Inc. Investing in our children's future since 1968

AEQUA STRATEGIES

Boston Children's Health Physicians New York & Connecticut

WCNY DCMH

175 YEARS 1851 2026 the children's village

Patrocinador en especie

Andrus

westchester LIBRARY SYSTEM Empowering libraries. Empowering communities.

bedfordhills FREE LIBRARY

BURTON FIT

¿Quieres descargar este boletín en PDF para compartirlo? ¡Haz clic aquí!

Visita d2rwestchester.info

Westchester Library System | Westchester Library System 570 Taxter Road Suite 400 | Elmsford, NY 10523 US

Unsubscribe | Update Profile | Our Privacy Policy | Constant Contact Data Notice

Constant Contact

Try email & social marketing for free!