

SCREEN TIME STRUGGLES

NAVIGATING SCREEN TIME CHALLENGES WITH YOUNG CHILDREN

Feeling overwhelmed by the battle over screens at home? You're not alone.

Join in this warm, judgment-free session that meets you where you are. We'll validate the real challenges families face, share insights from experts and provide practical tools to make meaningful shifts.

Research shows that excessive screen time is already linked to attention difficulties, disrupted sleep and elevated stress in children even before the age of 5. This isn't a future problem — it's happening now. Come ready to connect, learn and leave with a personalized action plan your family can start using right away.

THURSDAY, JUNE 4, 12:30 P.M.

FREE VIRTUAL WORKSHOP

**QUESTIONS, EMAIL
LRHODES@HOWARDCOUNTYMD.GOV
410-313-1440**



IF YOU NEED THIS INFORMATION IN AN ALTERNATE FORMAT, CONTACT THE OFFICE OF CHILDREN AND FAMILIES AT 410-313-1940 (VOICE/RELAY). IF YOU NEED ACCOMODATIONS TO PARTICIPATE, CALL AT LEAST ONE WEEK IN ADVANCE.