

# Reclaiming Childhood in a Digital Age

Richard Freed, Ph.D.



... invites you to hear Dr. Richard Freed speak on how to build your child's bond with family and foster school success amid the allure of digital screens. Our kids' overuse of social media, video games, and texting is eclipsing their connection with *family* and *school*—the two most important contributors to their well-being. The result is a generation of kids who suffer from extraordinary rates of emotional and academic problems, and are falling prey to an epidemic of video game and internet addictions.

This talk will give you the confidence and skills you need to safely navigate your child through a rapidly shifting media landscape. Dr. Freed offers concrete parenting strategies that will help you create the strong family kids need and encourage their school success. You'll also learn how to protect children from destructive tech addictions, and instead guide them to use technology productively as a positive force for their future.

**RICHARD FREED, Ph.D.**, is a child and adolescent psychologist and a leading authority on raising children in the digital age. Dr. Freed is the author of the book [Wired Child: Reclaiming Childhood in a Digital Age](#), is a regular contributor to the *Huffington Post* ([his latest article on the Obamas' low-tech parenting](#)), and his insights have been featured in *The New York Times*, *The Atlantic*, and other media platforms. He lives in Walnut Creek, California with his wife and two daughters. To learn more, visit [RichardFreed.com](#)

This interactive talk will explore key questions:

- How technology affects family, and how important family is for kids
- If technology is addictive
- How technology affects school success
- Who better understands technology: parents or kids, and
- How to help children learn to use technology productively

