

The Morris Educational Foundation

Presents Part 2 of the 2016-17 Parent Education Series



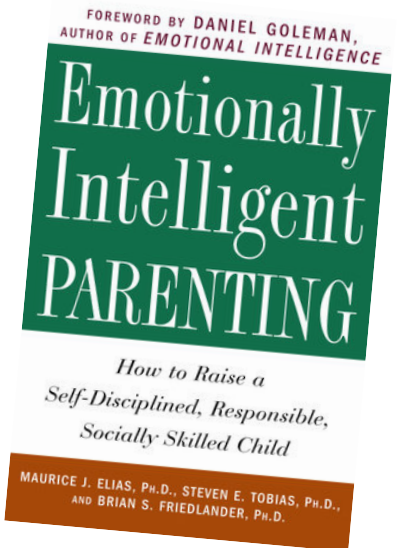
A Two Event Program: Is EMOTIONAL INTELLIGENCE the Key to Success?

Emotionally Intelligent Parenting

with

Dr. Maurice Elias

Join us as [Dr. Maurice Elias](#) discusses the strong role that emotions play in a child's psychological development. Dr. Elias, Director of the [Social-Emotional Learning Lab](#) at Rutgers University, is a recognized authority on social-emotional learning and its impact on a child's success in school and life. His publications number in the hundreds and his blog on [Edutopia](#) is read by educators worldwide.



Tuesday ■ May 2 ■ 7:00 pm
MHS Auditorium

Book Sale & Signing to Follow Presentation

Empathy in the "Selfie" Age

Erica Hartman, Director of Technology Integration, MSD
John Berkowitz, LCSW, Family Healing Center, Livingston

Research shows that today's teens are 40% less empathetic than those of 30 years ago. Join our guest speakers as we discuss the importance of teaching and nurturing empathy in today's digitally saturated culture.

We'll also be launching our summer book club with [UnSelfie](#), which will be available for sale.

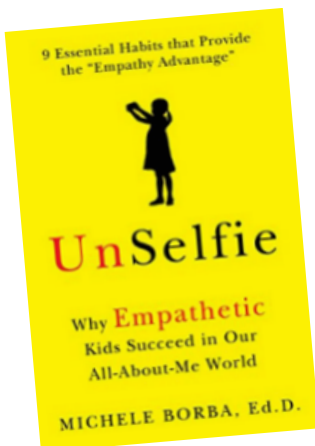
Wednesday ■ May 10 ■ 10:00 am
FMS Media Center

Following brief FMS HSA meeting @ 9:45

Both programs are intended for **PARENTS WITH KIDS OF ALL AGES**

CHILD CARE WILL BE PROVIDED ON TUESDAY, MAY 2 AT 7PM

To register for one or both programs, please visit morrisedfoundation.org



THIS PROJECT WAS
MADE POSSIBLE BY A
GRANT FROM
THE ROTARY CLUB
OF MORRISTOWN



Co-Sponsored by the Morristown/
Morris Township Joint Municipal
Alliance, Funded in part by
Governor's Council on Alcoholism
and Drug Abuse (GCADA)



Atlantic
Health System

Morristown Medical Center

Empathy in the “Selfie Age” ~ 10 Tips for Digital Wellness

Part 2 of the 2016-2017 MEF Parent Education Series:

Is Emotional Intelligence the Key to Success?

May 10, 2017

Empathy, the ability to understand and experience the feelings of another person, is a key element of Emotional Intelligence. It is how we, as individuals, understand what others are experiencing *as if we were feeling it ourselves*. Face to face human connection is at the heart of developing empathy. In a world filled with screens, we must ensure that our children have a sufficient amount of in-person interaction in order to develop a strong sense of empathy. Technology offers plenty of benefits, but nothing replaces face-to-face time with friends and family. We call this balance between face to face interaction and screen time “**Digital Wellness.**”

10 tips to Help Families (Kids AND Parents) Develop Digital Wellness In Their Homes:

1. **Ensure that Meal Times are Device Free.**
2. **Designate Bedrooms as Screen-Free Zones – No Sleeping with Phones.**
3. **Power Down all Devices at Least 1 Hour Before Bedtime.**
4. **Establish the Habit of NOT Using Devices in the Car** – put all phones in the glove box/console/purse.
5. **Enforce Tech-Free Time** by limiting recreational screen time to no more than 2 hours per day.
6. **Break the Habit of Unprompted Device Checking** by keeping your phone in a location that prevents you from seeing, hearing or even reaching for it. *IDEA: When at home, start a habit of keeping phones at the charging station rather than being carried around all the time.*
7. **Quiet Devices by Minimizing Notifications.** Set your phone to receive only urgent texts or calls.
8. **Use a Screen Time Tracker App** such as Moment to showcase the amount of time you are spending on your device. Some apps also allow you to set usage restrictions.
9. **Choose Age-appropriate & Quality Shows, Games, and Apps** to ensure that screen time is well spent.
10. **Stay Involved in Your Kids’ Media Habits** through co-viewing & discussing what you watch.
11. **Be a Role Model for Your Kids** that moderate device usage is part of an overall healthy lifestyle includes plenty of time for eating well, exercising, playing, relaxing, and spending time with friends & family.

Erica Hartman is a Google Certified Teacher, technology integration consultant and the Supervisor of Technology Integration for the Morris School District, a PreK-12 1:1 Chromebook Google Apps for Education district in Morristown, NJ. Her professional presentations include the annual NJEA Convention, Edsurge, NJSBA, Tech and Learning Live (NY), the NJEA Teaching and Learning Symposium, GAFE NY/NJ Summits, and the Blended and Personalized Learning Conference. Erica has presented at the Google Teacher Academy in Chicago, New York, Boulder, and Seattle. Finally, she is also an NJECC advisor, NJGEG leader, and Blended Learning Live coach. Link to presentation: <http://bit.ly/cellphonekids>

John Berkowitz is a Licensed Clinical Social Worker (LCSW) and Licensed School Psychologist. He graduated from the New York University in 1999 and has extensive postgraduate training in areas including the treatment of anxiety, depression, ADHD/LD, addictions, and troubled teens. John has been in practice for 15 years and draws upon Cognitive Behavioral Therapy (CBT), Gestalt Psychotherapy (GP), and Dialectical Behavioral Therapy (DBT). To learn more about John and his Livingston, NJ practice, please visit www.familiesheal.com. Link to presentation: <http://bit.ly/cellphonekids>