

**PARENT FOLLOW-UP ON**

***TWEENS & TEENS: NAVIGATING SCREENS***

More than 100 people registered for B-PEN's recent webinar presentation ***Tweens & Teens: Navigating Screens***. We are so grateful to Dr. Michael Rich ("The Mediatrician") for sharing his expertise in raising balanced kids in a digital world. He offered excellent strategies for parents on how to help our youth adopt and sustain healthy approaches to engaging with interactive media and technology. (For those who were unable to attend, please find the **link to the recording** [here](#).)

For more resources and parenting strategies please visit our website: <https://www.b-pen.org>.

For more information about Dr. Rich's practice at Boston Children's Hospital please visit:

[Digital Wellness Lab](#)

[Clinic for Interactive Media and Internet Disorders](#)

Dr. Rich's book, *The Mediatrician's Guide* can be found at The Brookline Booksmith and at <https://www.harpercollinsfocus.com/9780785255727/the-mediatricians-guide/>

B-PEN is always looking for engaged parents to participate in the B-PEN Advisory Board, which meets four times a year. If you have any questions or are interested in learning more, please contact [jennifer\\_gangadharan@psbma.org](mailto:jennifer_gangadharan@psbma.org).

**www.B-PEN.org**

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