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KNOWLEDGE NETWORK OF WESTCHESTER

You can't PREVENT what you don't know!

A WESTCHESTER VIRTUAL SPEAKER SERIES

TUESDAY, OCTOBER 8

7-8:30PM

Adam J. Pletter, PsyD

Child/Adolescent Clinical Psychologist, iParent 101

Screen Smart Parenting



Dr. Pletter is a licensed clinical psychologist with more than 20 years' experience specializing in the treatment of children, adolescents, and young adults in his private practice in

Bethesda, Maryland. He received his doctoral degree from the George Washington University. As a clinical psychologist working with families at the outset of the early 2000's digital culture shift, Dr. Pletter developed a parenting approach, combining behavior modification theory with parental control systems, to better support mental health and child development.

Dr. Pletter works with parents/guardians as well as technology companies to help them balance the benefits of the digital world alongside health and safety concerns. He primarily uses the built-in device parental controls paired with Digital Access Boxes™ to promote safe exploration of the digital world. Dr. Pletter shares his iParent 101 program in the form of an eBook, online courses, YouTube tutorials, and live and virtual speaking engagements.



Screens and technology are not going away, so as parents/ guardians we need to find the BALANCE and promote digital wellness at home. Clinical Psychologist and iParent 101 creator, Dr. Adam Pletter, will join us to share practical information about using positive technology tools, modeling tech breaks, setting boundaries, and managing the impact of multiple screens. Participants will leave with actionable tips for fostering a healthy relationship with technology and raising healthy, safe, and resilient children in today's digital world.

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