



# Community Consolidated School District 46

*Presents...*

## Learning at Home: Dreams, Realities, and Survival Strategies

**October 13, 2020 - 6:30-7:30PM**  
**Online Zoom Webinar**

Many parents working from home during COVID-19 are trying to do multiple full-time jobs at the same time. Zoom meeting interruptions are the least of many family's concerns as they navigate competing demands, overwhelm, and burnout. Parents deserve extra support as they figure out how to help their kids build independent learning skills, practice focus, and stay motivated while learning from home. This short workshop is packed full of practical ideas and strategies for staying grounded in what helps kids' brains learn and grow during this challenging time.

**This is a FREE program open to the community.**

No registration is required, simply visit the Zoom link:

<https://us02web.zoom.us/j/88269506040?pwd=Z1ZrR0s0V1pPZjA1RGprakd0MW5iZz09>

Passcode: **Spark**



**About Erin Walsh:** Erin is a parent, speaker, educator, and writer. She has worked with communities across the country who want to better understand child and adolescent development and cut through conflicting information about kids and technology. Erin has enjoyed bringing science and tips to families and educators alongside her father Dr. David Walsh for nearly 20 years. They started together at the National Institute on Media and the Family and then more recently founded Mind Positive Parenting before creating Spark & Stitch Institute™ in 2019. In addition to writing articles for several other organizations including Bolster Collaborative and Psychology Today, she co-authored the 10th Anniversary Edition of the national bestseller *Why Do They Act That Way? A Survival Guide to the Adolescent Brain for You and Your Teen*.

Before creating Spark & Stitch Institute in 2019, Erin taught undergraduate students for 9 years with the Higher Education Consortium for Urban Affairs. She created and co-taught an 8-credit program called *Making Media, Making Change*. She has consulted with schools, school districts, parent groups and other youth-serving organizations throughout North America on issues related to digital media, children, youth.

Upcoming D46 Family University Webinars:

November 10, 2020: Stress and the Brain: Helping Kids Cope  
December 1, 2020: Building Your Family's Stress Recovery and Resilience Toolkit