

Community Education Service



Improving emotional health and well being

Growing Young Brains: Putting Science into Practice

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Post-pandemic statistics have shown a significant increase of screen use in children under 3 years old. Parenting in our current digital world has become even more difficult to navigate as personal screen time shapes our children's learning environment.

How can early brain science positively influence development in the early years? What is the current research on direct and indirect exposure to screens? How can we respectfully discuss and modify current parenting practices to promote healthy brain development in this formative time?

This workshop is for professionals working with parents of young children or parents wanting strategies to link science with positive parenting practices.

April 27, 2023
1:30-2:30pm

Click here to
register

FREE

online event

This session is presented by the Community Education Service of the Mental Health & Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services & **Brilliant Beginnings**.