



News Release

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Learn how to keep your family safe in a digital world

For Immediate Release

(COLUMBUS, Neb.) – Spending time on technology and social media has become a way of life for many toddlers, teens and beyond. But is it safe and healthy for kids and families?

Columbus Community Hospital and Smart Gen Society will offer two community events to help families understand the developmental, emotional and psychological impacts of social media and technology on kids and families. Both events will be in the hospital's first-floor conference center and include an English and Spanish session. The hospital will serve a healthy meal during the 6-7 p.m. sessions and light snacks/refreshments during the 7:30-8:30 p.m. sessions.

The first event will be Monday, Jan. 30, and focus on "Parenting the Smart Gen." Featured topics will range from early access to technology to increasing digital-based anxieties. Smart Gen Society staff will teach attendees about the long-term impacts of our digital choices and help set healthy boundaries in screen time limitations and account restrictions. The Spanish session begins at 6 p.m., followed by the English session at 7:30 p.m.

The second event will be Wednesday, Feb. 1, and will share information related to "Toddlers and Tech." Attendees will learn how to safely manage their toddler and young child's online exposure and activities. Through the workshop, Smart Gen Society staff will also share information about the long-term impacts of our digital choices and help lay the groundwork for families to build and develop a balanced digital wellness plan and team. The English session begins at 6 p.m., followed by the Spanish session at 7:30 p.m.

Both presentations will discuss the resources available for families, friends and professionals to keep everyone safe in this digital world.

Interested participants should register for the event by Friday, Jan. 27, by calling 402-562-3359, emailing kadahl@columbushosp.org or visiting columbushosp.org.

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