

# Mass General for Children Parenting Series

All online programs are free and open to Mass General staff, patients, and the general public.

To attend a specific program, click on the link provided for each one.

Please submit questions you may have about these topics before the programs to: [PFLC@partners.org](mailto:PFLC@partners.org) so that the speakers may address them during the sessions.

## Understanding Video Games: Tips to Promote Safe Video Game and Digital Media Use Habits

Thursday, June 30, 2022

12:00PM - 1:00PM

Link to attend: <https://partners.zoom.us/j/81492300167>

Video games and digital media have become one of the most favorite play activities for our children, and digital media has infused far into their (and our) daily lives. Parents and providers express a lot of concern about the effects of violent or suggestive content of video games and digital media on their children. However, existing research has not been able to conclusively establish any such link. Instead, findings reveal the several circumstances of digital media access to be associated with overall wellbeing of children. In this webinar, Atilla Ceranoglu, MD, a psychiatrist in Child and Adolescent Psychiatry at MGfC and Adult Psychiatry at Mass General, will share tips on how to help your child build good digital media habits while playing their favorite video games, social media outlets, or the internet.



For more information:

Call (617) 724-7352

or

Email [PFLC@partners.org](mailto:PFLC@partners.org)

The Maxwell & Eleanor Blum  
Patient and Family Learning Center  
White 110

# Mass General for Children Parenting Series (continued)

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## Setting the Stage for Healthy Eating Habits

**Monday, September 26, 2022**

**12:00PM - 1:00PM**

**Link to attend:** <https://partners.zoom.us/j/87416633494>

Feeding children can be complicated, and even more so in a world that targets children with food marketing and convenience food. While the way a child eats is not solely in the hands of parents, there are strategies that can help your child build a healthy relationship with food. Simona Lourekas, RD, CHES, Kelly Millan, RD, and Meaghan Alexander, MS, RD, LDN, CNSC, of the Center for Feeding and Nutrition at MGfC, share strategies for feeding children of all ages.

## Preventing Bullying and Protecting Children

**Tuesday, October 4, 2022**

**12:00PM - 1:00PM**

**Link to attend:** <https://partners.zoom.us/j/88680689912>

Bullying is an issue that can negatively impact children, teens, and young adults. It is important to recognize bullying and intervene appropriately while also working toward prevention efforts to keep kids safe. In this webinar, Justine Dellaria, LICSW, a social worker on the Child Protection Team at MGfC, will discuss the difference between conflict and bullying, the impact bullying has on youth, and what can protect children from bullying or increase their risk – whether they are the victim of bullying or are bullying others. She will also discuss how to prevent bullying, laws and policies in place around bullying, and how to respond to known or suspected bullying behavior.

# Mass General for Children Parenting Series (continued)

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## **The Teen Driver: Updates in the Age of Distraction**

**Monday, November 14, 2022**

**12:00PM - 1:00PM**

**Link to attend:** <https://partners.zoom.us/j/88006060749>

Motor vehicle crashes continue to be the leading cause of death and injury in adolescents. As new technology emerges, distraction has become an even more prevalent risk factor for crashes. Michael R. Flaherty, DO, attending physician with Pediatric Critical Care Medicine and director of the Injury Free Coalition for Kids at MGfC, presents evidenced-based strategies to keep teen drivers safe. He also shares emerging strategies for parents to help their new drivers.

## **Guardianship 101: The Basics**

**Wednesday, November 16, 2022**

**12:00PM - 1:00PM**

**Link to attend:** <https://partners.zoom.us/j/84924452800>

There is much to learn about decision-making options and protections for a child who has a developmental and/or intellectual disability when they are approaching the transition age of young adulthood or turning 18. The concept and the process of guardianship can be emotional and daunting. Julie O'Brien, MEd, LMHC, a family support clinician at the Lurie Center for Autism at MGfC and Mass General, offers information and guidance about alternative protections; what guardianship is; the different types and paths to guardianship in Massachusetts; and how to prepare. O'Brien will also share resource materials and referrals to legal experts in special needs in Massachusetts.

**Please note this program is not intended to be legal advice or council. It is strictly for informational and coaching purposes only.**

**The MGfC Parenting Series is a collaboration between the Maxwell & Eleanor Blum Patient and Family Learning Center and Mass General for Children.**