



Exceptional Parenting Podcast



Podcast Show Notes

Managing Screen Time & Distance Learning During the Coronavirus Pandemic

Access the podcast recording [here](#).

In the wake of school closures due to the coronavirus pandemic, parents everywhere are left wondering how to help their children navigate the new reality of distance learning. The good news? It's the 21st century, and technology can help! The bad news? Remote K-12 learning is entirely new for most families, and trying new things can feel daunting even in the best of times (let alone during a crisis). You may be wondering, for example: *Is the school doing enough? Should I be doing more to ensure that my child continues learning? Will using technology and/or electronic devices to learn and work help my child or create more distractions? And how do I manage this while I'm working?*

Join Torchlight's *Exceptional Parenting Podcast* host Stefanie Boucher for a lively discussion with digital parenting expert Dr. Elizabeth Milovidov about how to use technology to enhance your child's distance learning experience. In this episode, you'll find out:

- How to find "good fit" online learning resources and apps for your child
- How to keep your child from getting distracted by technology
- How to manage your child's screen time when you're busy working
- How to balance "educational" screen time with "leisure" screen time
- When to be flexible during these highly unusual times

About Our Guest:

Dr. Elizabeth Milovidov is a mom to two tech-savvy little boys, a lawyer, law professor, and eSafety consultant whose core work involves researching solutions for parenting in the digital age. She is a member of the **Working Group of Experts on Digital Citizenship Education**, an independent expert on **Digital Parenting and Children and Internet** for the Children's Rights Division of **Council of Europe**, and an advisor on European Cooperation and International Projects for **e-Enfance**, a French online child protection association providing support to parents and children in the digital age.

Dr. Milovidov has **authored several guides and workbooks for parents**, moderates a **Facebook community for parents** and is the founder of **DigitalParentingCoach.com**, a website and community with resources for parents.

The coronavirus pandemic is a rapidly evolving situation. If you are listening to this podcast, information may have changed since its initial airing.



Dr. Elizabeth Milovidov

Ph.D., J.D.



Stefanie Boucher

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