

## Cancel the Playdate!

MAKE A FAMILY DATE INSTEAD

Evidence based tips for parents of 3K-2nd grade

Join us  
Thursday, March 2

6:45-7:15 p.m.

Cocktails and conversation

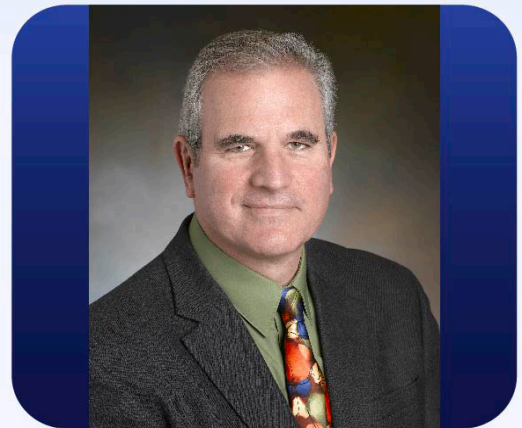
7:15-8:30 p.m.

Presentation by Dr. Leonard Sax

MJDS | 6401 N. Santa Monica Blvd.

## New York Times bestselling author, Dr. Leonard Sax answers your questions...

- 01** At what age is it ok for my child to be on an iPad? How much time is too much time?
- 02** My 3-year old gets upset really easily, for example at the doctor's office. How can I help her relax?
- 03** I'm busy and when I pick up my child from school I can't spend hours playing, I have to make dinner. Is it okay if he watches Sesame Street?
- 04** We don't have much free time. On the weekend should I schedule a playdate or stay home instead? Is there research on this topic? (Yes, there is.)



This event is free and open to the public. RSVP at [mjds.org](http://mjds.org) or scan.