

NAVIGATING SOCIAL MEDIA

A Psychoeducation Training for Families of Children with Developmental Disabilities

Facilitated by:
Psychology Practicum Trainees
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Under the supervision: Meredith Rimmer, PhD PSY17869



OBJECTIVES

By the end of this training, participants will be able to identify key social media concerns related to children with developmental disabilities, understand the latest research on the impact of social media on these children, and apply age-appropriate strategies for managing screen time. Participants will also gain practical skills in supporting parents with coping strategies for managing behavioral challenges and fostering effective communication with their children in the context of social media use.

TOPICS

May 8
10am-11am

Understanding Social Media Concerns: Navigating Developmental Challenges and Online Safety for Children with Special Needs.

This session will cover common concerns about social media exposure, specifically for children with developmental disabilities, and strategies for keeping them safe online.

May 15
10am-11am

The Latest Research on Developmental Issues and Social Media: What Parents Need to Know.

An overview of the most recent research on how social media impacts children with developmental disabilities, and how these effects differ from typically developing children.

May 22
10am-11am

Balancing Screen Time: Age-Appropriate Viewing Durations and Setting Healthy Boundaries for Children with Special Needs

This topic will explore recommended screen time limits based on age and developmental stage, as well as strategies for managing viewing durations to promote healthy habits.

May 29
10am-11am

Coping Skills for Parents: Managing Behavioral Challenges and Fostering Communication with Children on Social Media

A focus on how parents can manage behavioral issues arising from social media use, implement coping strategies, and teach their children adaptive behaviors while addressing maladaptive ones.



[**Zoom Registration Link**](#)



WESTSIDE
REGIONAL CENTER



**Westside Family Resource
and Empowerment Center**
LA County Inclusion Partnership