



Media Release

Kingston Frontenac Public Library
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Gain a developmental science perspective on early digital habits

In today's world, children are surrounded by digital devices and media, and as caregivers, it can be challenging to navigate and understand the impact of these habits on their development. In the Kingston Frontenac Public Library's third Growing Up Human session of 2023, Dr. Tom Hollenstein will take a developmental science approach to illustrate why these habits are not necessarily negative and how caregivers can influence digital experiences and behaviour throughout childhood.

The Growing Up Human series aims to support caregivers in navigating the complex and ever-changing landscape of child development. This session will be held on March 15 from 7-8 p.m. on Zoom. Registration is required and can be completed at <https://calendar.kfpl.ca/event/7979268> or by calling 613-549-8888.

"Children will inevitably become citizens of the digital age," said Jake Miller, Librarian, Adult Programming. "Dr. Hollenstein will shed light on how and why digital habits develop and how caregivers can analyze and react to these habits in a way that encourages healthy digital experiences for children."

Dr. Hollenstein is a professor and chair of the Developmental Psychology Program of Psychology at Queen's University, focusing on adolescent socioemotional development.

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