



Baby, Unplugged: One Mother's Search for Balance, Reason, and Sanity in the Digital Age

Sophie Brickman

Writer, reporter, and editor who has written for *The New Yorker*, the *New York Times*, and other outlets. Author, *Baby Unplugged*.

Joy Hurd

Head of School, Lake Forest Country Day School.

Tuesday, October 12, 2021, 7:00 PM Central

www.bit.ly/BrickmanFANWebinar

PLUS: After-Hours Event!

Purchase a copy of *Baby, Unplugged* from FAN's partner bookseller The Book Stall to receive a link to an interactive "After-Hours" event hosted by Brickman and Hurd. Details on the webinar registration page.

Presented by **Family Action Network (FAN)**, in partnership with

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This event is #freeandopentothepublic and will be recorded. Suitable for youth 12+ familyactionnetwork.net

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FOR IMMEDIATE RELEASE: SOPHIE BRICKMAN

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Tuesday, October 12, 2021, 7:00-8:00 PM, Baby, Unplugged: One Mother's Search for Balance, Reason, and Sanity in the Digital Age, a FAN webinar featuring Sophie Brickman in conversation with Joy Hurd.

REGISTER: www.bit.ly/BrickmanFANWebinar.

BONUS AFTER-HOURS EVENT: Attendees who purchase a copy of *Baby Unplugged* from FAN's partner bookseller The Book Stall are invited to attend an AFTER-HOURS event hosted by Brickman and Hurd that will start immediately after the webinar. Details on the webinar registration page.

There seems to be an app or device for nearly every aspect of parenting today, from monitoring your baby and entertaining your toddler to connecting with other parents for tips, tricks, and socializing. It's easy for parents to become overwhelmed with all the choices of which gadgets to use and when, but what if you didn't have to? Well, for all the parents of preschoolers or younger, here's the simple truth: with very few exceptions, technology for kids under the age of five is basically worthless. The same goes for parent-targeted tech shilled out by Silicon Valley. If you want to raise a resilient, smart, successful human and minimize your parenting anxiety, shove your phone in the freezer and forget about it.

The mother of three young children, journalist **Sophie Brickman** interviewed experts, academics, doctors, and innovators for advice and insight about the effects of technology on child-rearing and parenting. In her first book, *Baby, Unplugged: One Mother's Search for Balance, Reason, and Sanity in the Digital Age*, she weaves this in-depth research into a very personal, and often humorous, journey of becoming a parent alongside her tech-loving husband, offering an engaging and illuminating examination of our tech-saturated world.

Brickman is a writer, reporter, and editor who has written for *The New Yorker*, the *New York Times*, *The Wall Street Journal*, *Elle*, *Saveur*, the *San Francisco Chronicle*, and other outlets. A Harvard graduate, she lives in New York City with her husband and three young children.

Brickman will be in conversation with **Joy Hurd**, Head of School at **Lake Forest Country Day School** in Lake Forest, IL.

This event suitable for youth 12+. It will be recorded and available later on our website and YouTube channel.

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