



**DOPA MIND**  
 Helping young people navigate tech in the digital age.

PRESCHOOL DIGITAL WELLNESS

# Parent Primer

DopaMind's science-based, SEL-focused, turnkey digital wellness program empowers parents and teachers to help their pre-schoolers foster a healthy relationship with technology.

## VIRTUAL EDUCATION

\$25 PER PARTICIPANT (\$1,000 MINIMUM)\*

DopaMind will educate caregivers of preschool-aged children on the **basics of the brain science behind digital wellness** and the concept of dopamine and its connection to kids' feelings and behaviors, arming them with the ability to educate their students' parents on digital wellness and prepare kids for elementary school where tech is widely introduced.

## IN-PERSON EVENTS

\$8,000 FOR BOTH (INDIVIDUAL RATES BELOW)\*



**PARENT ED PRESENTATION**  
 Inspire, educate and engage parents in a thoughtful dialog about the struggles of raising kids in the digital age and explore digital wellness issues and tips for kids ages 2+.

\$1,500 + TRAVEL



**EXPERT PANEL**  
 Q&A format expert panel bringing together parents, teacher and staff to explore specific aspects of digital wellness such as social media's impact on youth mental health.

\$7,500 + TRAVEL

\*Sliding scale and customized rates available to fit schools that demonstrate financial need. All fees are collected as a donation to DopaMind, a 501(c)(3) pending nonprofit organization.



DopaMind is a nonprofit organization working to teach kids and their caregivers, parents, and teachers about how to navigate modern technology and empower them to make brain-healthy media choices. Their turnkey programs, including school curriculum and community events, are rooted in easy-to-understand brain science and social-emotional learning and are designed to help kids understand the relationship between technology use and mental well-being. DopaMind also creates original online content for kids using award-winning children's book illustration and for adults with expert interviews, current research, parenting tips, and more.



FIND US ON INSTAGRAM, TIKTOK, & SPOTIFY FOR EXPERT INTERVIEWS, DIGITAL WELLNESS TIPS, & MORE



WATCH OUR SAMPLE VIDEO: HOW VIDEO GAMES AFFECT DIGITAL WELLNESS, NARRATED BY DARREN CRISS