



MEET EMILY CHERKIN, M.Ed.

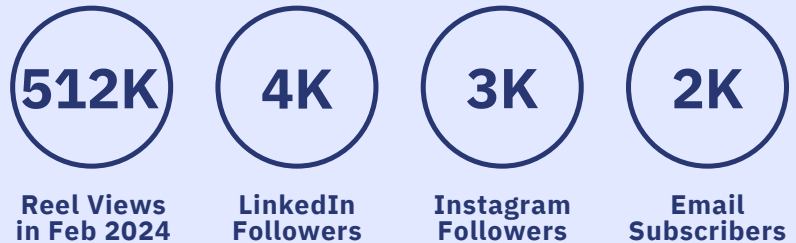
Author • Speaker •
Screentime Expert



Why Emily?

Emily Cherkin, MEd., aka The Screentime Consultant, combines the unparalleled expertise of a well-known screentime expert (Chuck Norris quoted her) with the compassionate and accessible voice of someone who understands the struggles of becoming more tech-intentional—both as a teacher and parent. Emily's book, *The Screentime Solution: A Judgment-Free Guide to Becoming a Tech-Intentional Family*, is an Amazon bestseller and available everywhere books are sold.

REACH



NOTABLE MEDIA APPEARANCES



The Washington Post

The New York Times

RECOMMENDED KEYNOTE AND PODCAST TOPICS



Think You Have a Screentime Problem? Here's Where to Start.

- Why research shows that less is more and later is best
- Screentime signs parents shouldn't ignore
- Proven strategies to create better balance



It's Not Like When We Were Young: How Tech Is Changing Childhood

- Research on the link between tech and disrupted development
- The skills children miss out on with tech
- Why persuasive design and predatory data practices make today's tech stand apart



Aren't Smartphones the Real Problem With Tech in School?

- "Away for the day" has been gaining steam, and it's a good thing!
- The research is in and it isn't good. EdTech doesn't improve learning and parents are in the dark about predatory practices
- Why schools need to rethink their all-in attitude toward EdTech



Praise for Emily

"Books and blogs are flooded with myths and misconceptions about how screens impact our children's wellbeing. Emily Cherkin is a refreshingly honest and accurate voice in a sea of confusion and denial."

— **MICHAEELEN DOUCLEFF, PHD**

author of the New York Times bestseller Hunt, Gather, Parent.

"In an increasingly polarized world, it's refreshing to hear an argument that neither glorifies nor vilifies technology. Cherkin's concept of 'tech intentionality' will be an incredible support for overwhelmed and under-informed parents struggling with the incursion of technology into their family."

— **DR. JARED COONEY HORVATH**

Research Fellow, University of Melbourne / Director, LME Global



A Judgment-Free Guide to Becoming a Tech-Intentional Family

THE SCREENTIME SOLUTION

Available everywhere books are sold



PRAISE FOR EMILY CHERKIN AND THE SCREENTIME SOLUTION

“From the moment I opened this book, I knew we, as parents, were in clear, sensitive, and nonjudgmental hands. There are few, if any, decisions we make as parents that will define our family values and shape our children’s brain development and long-term social and emotional health, as how we handle screen exposure. I am not ‘anti-screen,’ but I am passionately ‘pro-human connection,’ and in *The Screentime Solution*, Emily will guide you into taking small, sensible, and doable steps to come to your own judgments that will build deep family connections and leave you with the feeling, ‘I can do this.’”

—**KIM JOHN PAYNE**, MEd, author of *Emotionally Resilient Tweens and Teens*, *Simplicity Parenting*, and *The Soul of Discipline*

“As a consultant, teacher, and parent, Cherkin offers down-to-earth advice about the questions that vex parents everywhere, from when and how to introduce kids to smartphones, to how to ensure kids are allowed to flourish in the presence of social media platforms that are designed to ensnare them. A hugely valuable resource.”

—**ADAM ALTER**, Professor of Marketing, New York University Stern School of Business, New York Times bestselling author of *IRRESISTIBLE* and *ANATOMY OF A BREAKTHROUGH*



Emily Cherkin, MEd., The Screentime Consultant, empowers parents to understand and balance family screentime by inspiring a movement around becoming Tech-Intentional™.

As a mother of two (13 & 16) and former teacher, she is intimately familiar with the daunting challenges facing families in today's highly digitized world. Emily's work has been featured in *The New York Times*, *NPR*, *Vox*, *The Today Show*, *BBC*, *Good Morning, America*, and even Chuck Norris has quoted her.

Emily's best-selling book, *The Screentime Solution: A Judgment-Free Guide to Becoming a Tech-Intentional Family*, was published by Greenleaf Book Group in January 2024.

“Emily Cherkin is an outstanding public speaker on the topic of screentime. Emily is engaging, relatable and realistic. She is an expert on the alarming statistics regarding screentime and our youth and she is equally knowledgeable on real life strategies to handle screentime challenges with children of all ages. Emily is practical and straightforward, delivering tools and strategies that attendees can immediately begin implementing at home to make a positive change. We have heard nothing but positive feedback from our attendees and would absolutely bring Emily back for another *ParentMap* event.”

— **BRENNA MCCOWN**,
events manager, *ParentMap*

PAST SPEAKING ENGAGEMENTS INCLUDE:

The Zur Institute
The Brearley School, New York City
Park Day School, Oakland, CA
Lakeside School, Seattle
Cascades Academy, OR
Far Brook School, NJ
East Bay Agency, CA
ParentMap Lecture Series
Northwest Association of Independent Schools
PEPS (Program for Early Parent Support)
Fairplay's Screen Time Action Network
Washington State Association of Play Therapists
U.S. Military (Elite Branch)
Amazon's Lunch and Learn Program
Seattle Housing Alliance
Numerous schools and parent groups around the U.S.