

Childhood Reclaimed: Embrace Digital Minimalism to Unplug and Thrive

When: April 24, 2025, 7:00 – 8:00 pm

Where: St. Joseph's Healthcare Hamilton. West 5th Campus Auditorium
100 West 5th Street, Hamilton, Ontario

Free admission & parking

Doors will open at 6:30pm and Light refreshments will be available.



Katherine Martinko

Katherine Martinko is a writer, editor, and speaker. She is the author of *Childhood Unplugged: Practical Advice to Get Kids Off Screens and Find Balance* (2023) and creator of a fast-growing Substack newsletter called *The Analog Family*.

As a public speaker, Katherine strives to empower parents, teens, and other adults to limit screen time using the philosophy of “digital minimalism.” Her approach is not anti-tech, but strives to put digital media in its rightful place—as a tool, not a toy. She offers smart guidance on tough topics like when to give a kid a smartphone, how to handle social media, how to say no and deal with a teen’s FOMO, how to get comfortable with giving kids more independent play, and why we all have a responsibility to help solve this collection action problem.

A former senior editor at Dotdash Meredith, Katherine is a speaker on behalf of Jonathan Haidt’s Anxious Generation campaign. She is a regular contributor to the *Globe and Mail*, Canada’s largest newspaper, and appears regularly on national radio, TV, talk shows, and podcasts, including CBC The National and Global TV. Her editorial experience spans notable brands such as Martha Stewart, Allrecipes, Angi, Discovery, Treehugger, Huffington Post, and Motherly. Katherine lives with her family in Port Elgin, Ontario, on the edge of beautiful Lake Huron.

Limited seating, please register online to ensure your spot! For more information, contact the Clinical Behavioural Sciences team by email at cbs@mcmaster.ca.

