



## *Attention Please*

“ATTENTION MANAGEMENT” IS THE MOST ESSENTIAL SKILL FOR TODAY’S KIDS

We’re living in a world of alerts, notifications, flashes, beeps and pings. And it’s adversely impacting on how children focus and manage their attention (and if we’re really honest, it’s effecting us too as adults). We’re seeing shorter attention spans, children that simply click the home button on a tablet the minute they’re disinterested, multiple windows open on Internet browsers and children who are anxious when they’re not tethered to technology. Our children’s inability to manage their attention in the digital age is not only impacting their capacity to learn, but also their social skills and emotional development.

**Our digital immersion is literally changing the ways that our children’s and adolescent’s brains are wired. And this is having direct (and sometimes adverse) implications on their brain development and learning.**

In this 2-hour practical workshop Dr Kristy Goodwin shares with parents and educators of primary and secondary students:

// How technology is changing our kids’ attention spans, so that you’ll know exactly how much time you have to capture and sustain their attention (as you’d expect, it’s not long!);

// The reasons why today’s kids (and us adults too) are being captivated by technology and allowing it to steal their attention (hint- it has a lot to do with how the brain is wired);

// How “continuous partial attention” (switching constantly between tasks) is detrimental to kids’ learning, so that we can teach them healthy media habits;

// How screen-time habits are impacting on children’s and adolescents’ sleep patterns (and what you can do to promote healthy sleep patterns in a digital age);

// The ways in which technology is internally and externally distracting today’s learners so you can better understand how technology’s distracting kids;

// Practical, simple and realistic tips about how you can help children and adolescents manage their technology use so that they’re in control of their technology (and not technology dictating their attention);

## About Dr Kristy



**Dr Kristy Goodwin** is a leading children's technology and development expert (and mum!). She helps parents ditch the techno guilt and raise happy, healthy kids who thrive online and offline. Kristy takes the guesswork and guilt out of raising kids in the digital age by translating the latest research into practical and digestible information, tips, and tricks for parents so that they can feel confident and assured that they're raising healthy, happy and balanced kids in the digital age.

### *Previous Clients:*



### *Dr Kristy has been featured on:*

