



Digitalised Childhoods

ESSENTIAL INFORMATION FOR PARENTS OF CHILDREN AGED 0-5 YEARS

Today's young kids are growing up in a tsunami of screens. They learn to tap, swipe and pinch *before* they can ride a bike, grip a pencil or tie their shoelaces. Their childhood is changing because of technology and this scares and overwhelms many parents.

As parents we've got no frame of reference because most of us grew up staring at the sky, not a screen. To further complicate matters, we're often given confusing and even conflicting advice when it comes to young kids and screens. *How much screen-time is okay? Can kids learn from TV and apps? What times of the day should I avoid screens? How are screens impacting on their attention spans, eye-sight, hearing and posture?*

Children's digital wellness expert (and mum!) Dr Kristy Goodwin helps parents find the best ways to use technology to support, not stifle kids' health, learning and development. She arms parents with facts, not fears, about what today's kids (0-15 years) *really* need to thrive online and offline in a digital world.

In this practical seminar Dr Kristy arms parents with:

// Guidance (not guilt) about how much screen-time is healthy and gives parents a simple formula to calculate screen-time limits (no, she won't suggest that you 'digitally amputate' your child);

// Simple tips for managing screen-time at home (so it doesn't always end in scream time!);

// Easy to implement (mum-tested) strategies to prevent techno-tantrums;

// Facts, not fears, about how technology is changing the ways kids learn and develop (including their sleep, attention spans, play, language skills, relationships, their nutrition physical health and development);

// Practical ideas about how to use technology in healthy and helpful ways with little kids (so you can ditch the guesswork!).

// Essential tips about how to develop healthy media habits (to protect your kids' sleep habits, vision, hearing, posture and attention spans).

// Solutions to your 'digital dilemmas'. There will be opportunity to ask Dr Kristy your pressing questions and concerns about your child's technology habits.



Dr Kristy Goodwin is a leading children's technology and development expert (& mum who's endured her kids' techno-tantrums!). She 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... without telling you to ban the iPad or unplug the TV.

Seminar Details:

Suitable for: parents of children aged 0-5 years.

Duration: Two hours (including Q and A)

Maximum numbers: Schools are welcome to invite parents from other local schools. There are no maximum numbers for parent seminars. There's an option to host or sponsor an event