



Healthy Digital Habits

ENSURING YOUR CHILD FORMS HEALTHY TECHNOLOGY HABITS FROM THE START

Today's kids are spending more and more time online. For some kids, they appear to have digital appendages. This is having direct (and sometimes dire) implications on their health.

Modern digital ailments affecting children include:

- // Text claw
- // Repetitive stress injury (RSI)
- // Digital insomnia
- // iPosture
- // Noise-induced hearing loss
- // Increased rates of myopia
(near-sightedness)

And if kids are using technology excessively or inappropriately it can potentially damage their development and have catastrophic impacts on their health, development, wellbeing and capacity to learn.



In this 2-hour practical workshop Dr Kristy shares with parents and educators:

- // **Possible risks** associated with incorrect or excessive screen time (including obesity, poor body image, premature sexualisation, poor eating and sleeping habits, hearing loss, vision impairment, musculoskeletal problems, fine and gross motor delays and adverse health effects associated with WiFi);
- // **Simple** and **practical strategies** parents and teachers can easily implement to protect and preserve children's weight, hearing, vision, posture, emotional wellbeing, nutrition, physical skills and general health, without needing to unplug the Internet, or ban the iPad;
- // How we can help kids form healthy media habits by establishing a plan for **Healthy Tech Habits** at home and school.

About Dr Kristy



Dr Kristy Goodwin is a leading children's technology and development expert (and mum!). She helps parents ditch the techno guilt + 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:



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