



Plugged-in Childhoods

HOW TECHNOLOGY IS SHAPING EARLY CHILDHOOD

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. Many kids are now spending more time with pixels than with people. Their childhood is changing because of technology and this scares and overwhelms many parents & professionals (most of us had analogue childhoods).

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, conflicting or inaccurate advice when it comes to navigating young kids' digital terrain.

How much screen-time is okay? How are screens impacting kids' play, language development, social skills and physical development? When is it okay and safe to use 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 and professionals find the best ways to use technology to support, not stifle kids' health, learning and development. She arms parents and professionals with facts, not fears, about what today's kids (0-8 years) *really* need to thrive online and offline in a digital world (without suggesting that we digitally amputate kids!).

In her signature keynote address Dr Kristy arms early childhood professionals with:

// Facts (not fear) about how much screen-time is healthy for young children and provides a simple formula to calculate screen-time limits (no, she won't suggest that you ban TV);

// Realistic tips for managing screen-time (based on science) so that it won't compromise young children's health and development!;

// Developmentally-appropriate and meaningful ways to integrate technology into the early years;

// Simple and effective strategies to prevent techno-tantrums (you'll finally understand *why* your little one combusts when it's time to pass back the smartphone or turn off the TV);

// Research-based information about how technology is changing the ways kids learn and develop (including their sleep, attention spans, play, language skills, physical development, relationships, and even their nutrition);

// Practical ideas about how to use technology in healthy and safe ways with young children (so you can ditch the guesswork and stop fretting that screens are derailing young children's development!)

// Solutions to parents' most common 'digital dilemmas'. There will be opportunity to ask Dr Kristy your pressing questions and concerns about young children's technology habits.

This Keynote address is suitable for early childhood educators and health professionals working with children aged 0-5 years.



Dr Kristy Goodwin is a leading children's technology and development expert, former teacher (& 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.