



Q & A With Dr K

PICK DR KRISTY'S BRAIN ABOUT YOUR DIGITAL DILEMMAS

Digital dilemmas. Parents face a multitude of concerns about raising happy and healthy kids in the digital age.

// How much is too much screen-time?

// Is my child addicted to the iPad, Minecraft, YouTube (insert your gadget of choice here)?

// Is my child's health being compromised because of all this time spent with screens?

// Is my child's attention span being diminished because of screens?

// What is 'healthy' technology use?

Dr Kristy can answer your parent community's concerns when it comes to raising (and teaching) digital kids. In a Q & A With Dr K schools or communities can invite Dr Kristy to a 2-hour Q & A session. Kristy will provide a brief introduction and then proceed to answer parents' specific questions regarding young children (0-12 years) and technology. Parents' questions can be pre-submitted (digitally), or asked live during the session.

Please note, these sessions have a maximum audience of 100 people to ensure that Kristy can answer as many questions as possible in this time.

What's included in this 2-hour Q and A format?

// Your parent community can ask their most pressing and specific questions about young children and technology. Dr Kristy will draw on her extensive research, teaching and parenting background to provide an evidence-based, practical answer.

// Parents can pre-submit any questions online before the seminar and Dr Kristy can answer them anonymously in the session (this can also be helpful if any parents are unable to attend the live Q & A session).

// The session will be audio-recorded and can be distributed to the parent community electronically after the session.

// Within 7 days any notes, links, videos or additional resources will be emailed to the school or community group.

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:

