



Raising Digital Kids

GUILT-FREE, PRACTICAL ADVICE FOR CONFUSED & CONCERNED PARENTS

Today's kids are growing up immersed in a world of screens.

As parents we know our kids will inherit a digital future, but we're equally concerned about how to manage screens at home. We fret about how much is too much. We worry about how screens are changing our kids' childhoods and what they might encounter when they're online. We're trying to wade through the confusing and sometimes conflicting advice.

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 about **how much** screen-time is healthy and simple tips for managing digital devices at home (so screen-time doesn't end in scream time & you won't have to endure techno-tantrums!);

// Realistic advice regarding **what** is appropriate for kids to be doing with technology at various ages (Kristy will share educational resources and discuss when to introduce social media);

// Two times of the day **when** parents need to be careful with kids using screens;

// Simple tips about **where** kids should use screens at homes and the essential tech-free zones you need to establish to ensure your child's health and safety isn't compromised;

// Practical ideas about **how** kids can develop healthy technology habits (to protect their 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

Parent Seminar:

Suitable for: parents of children aged 3-12 years.

Duration: One hour (including Q and A)

Maximum numbers: Schools are welcome to invite parents from other local schools. There are no maximum numbers for parent seminars.

ban the iPad or unplug the TV.