



Raising your Child in a Digital World

WHAT MODERN PARENTS REALLY NEED TO KNOW

Today's young children are experiencing 'digitalised childhoods' and this has implications on their health, learning and development. In this parent seminar, Dr Kristy dispels the myths and misinformation and arms parents with facts, not fears, about how technology is shaping childhood. She explains how young children's basic developmental needs are being shaped by growing up in a digital world and the 7 essential components that kids *really* need to thrive both online and offline.

Children's brain and technology expert (and mum!) Dr Kristy Goodwin helps parents find the best ways to use technology to support, not stifle young children's learning and development. She arms parents with facts, not fears, about what young children (0-12 years) really need to thrive online and offline in a digital world and how screens are shaping the way that young kids learn and develop.

Dr Kristy marries the latest research from a range of disciplines (including neuroscience, developmental science and technology research) to provide a comprehensive and cutting-edge perspective about the impact of "digitalised childhoods" on young children's learning, health and wellbeing.

Dr Kristy helps to eradicate parents' guilt and concern and arm them with essential information (without telling you that you need to ban the iPad, or unplug the TV). She shows you that technology isn't necessarily toxic or taboo and it won't damage your child's development if it's used the right ways. And that's exactly what Kristy shares with parents in this seminar: how to use technology in healthy and helpful ways.

*In this parent seminar Dr Kristy shares the **three essential Bs** when it comes to considering how young kids use screens: **basic needs, boundaries and balance.***

Parents will learn:

// **How technology is impacting young children's development of their basic needs**- understand the pitfalls and potential associated with young children's use of technology (including how screen-time is impacting their basic needs such as relationships, play, sleep, language, posture, vision and hearing). Kristy will equip you with practical tips and strategies to ensure that children use technology in healthy and helpful ways and minimise any potential risks. Put your mind at ease and know *exactly* what's safe and appropriate for young children when using screens (so you can ditch your guilt and confusion for good).

// **Why parents need to establish boundaries around children's screen-time**- learn how much is too much screen-time and a simple way to calculate healthy amounts of screen-time for your children. Kristy will also explain why young kids have techno-tantrums (hint- their brains are undergoing neurobiological changes when they're using screens), and how to prevent and cope with them.

// **Why we need to balance kids' screen-time with their green-time**- learn why parents play a critical role in helping kids form healthy media habits and why time unplugged is vital for their developing brains and bodies.

// Dr Kristy will also **answer your digital dilemmas** in a Q and A session.

Dr Kristy will provide you with solutions for your digital dilemmas and help you to put an end to your confusion and concern about raising kids in the digital age.



Dr Kristy Goodwin is a leading children's technology and development expert (and mum!). She helps parents and educators ditch the techno guilt + raise happy, healthy kids who thrive online and offline. Kristy takes the guesswork and guilt out of raising and teaching kids in the digital age by translating the latest research into practical and digestible information, tips, and tricks for educators 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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