



Raising Your Child in a Digital World

ESSENTIAL INFORMATION FOR PRIMARY PARENTS

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

As parents we've been faced with the enormous task of raising 'screenagers'. We're bamboozled by the confusing and often conflicting information about how technology is impacting on kids' health, learning and wellbeing. Yet we know that our kids will inherit a digital world, so banning or avoiding screens isn't the solution!

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 screens at home (so screen-time doesn't end in scream time & you won't have to endure techno-tantrums!);

// Reasons why screens captivate our kids and can hijack their **attention** (there's a neuroscientific reason) and simple strategies to prevent techno-tantrums;

// Facts, not fears, about how technology is **changing** the ways kids **learn** and **develop** (including their sleep, attention spans and relationships, physical health and development);

// Practical ideas about how families can use technology in **healthy and helpful ways at home** (so you can ditch the guilt and guesswork for good!).

// Practical ideas about **healthy media habits** (to protect your kids' 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 ban the iPad or unplug the TV.

Parent Seminar:

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

Duration: Two hours (including Q and A)

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