



Screen Time Without Scream Time

“PRACTICAL & EFFECTIVE TIPS FOR MANAGING SCREEN-AGERS
(WITHOUT TEARS AND TANTRUMS)”

Childhood is just so different today. It's digital.

As parents we're confused & concerned when it comes to our kids and screens. We've no frame of reference because this digital world we're trying to navigate with young children is just so foreign to us.

We grew up in a world where the only screens that our parents had to patrol were TV screens. Today there are a multitude of screens that parents have to help their kids manage (and wrangle from their hands) and they certainly aren't permanently fixed to the wall in the lounge room.

We're bamboozled and worried by the myths & misinformation surrounding screen time and young children.

In this 2-hour Seminar Dr Kristy Goodwin, a leading children's brain & technology expert (and Mum!), can help you navigate this digital terrain with confidence and clarity... without having to ban the iPad or unplug the TV.

Dr Kristy arms parents with facts, not fears about young children and technology. She empowers parents to make informed decisions about how to best use (and

sometimes avoid) technology so that it helps, not harms, young children's health, development and wellbeing.

Eradicate your guilt and confusion and gain peace-of-mind that your child's screen habits are healthy and helpful.

In this highly-practical seminar you'll discover:

- // Why kids are obsessed with screens (understand the neuroscience behind your screen-ager);
- // What constitutes 'screen time' and the current recommendations for screen time for children of various age (and why I disagree with these recommendations);
- // Potential development, learning, health and wellbeing issues associated with excessive or inappropriate screen time;
- // Why focusing on how much screen time children have each day isn't helpful (and can actually be detrimental to kids);
- // Other essential factors parents must consider, other than how much screen time children are consuming each day (such as when, what and with whom they're using screens);
- // How to establish and enforce a Family Media Management Plan in your house to avoid tears and tantrums when it comes to switching off gadgets;
- // Simple, practical and mum-tested strategies that families can implement at home to develop healthy media habits with kids.

All attendees will receive a free Media Management Kit, as a digital download.



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.

Dr. Kristy Upcoming Event:

Date: 01 May 2016

Location: Sed Ut Perspicatis
Ynde Omnis

Time: 05:30PM

RSVP: 01.05.16

Cost: \$50.00

Previous Clients:



Dr Kristy has been featured on:

