



Techno-Tots

WHAT EVERY PARENT REALLY NEEDS TO KNOW ABOUT
RAISING BABIES & TODDLERS IN A DIGITAL AGE

Ditch your guilt and feel confident about the best ways to raise little ones in the digital age.

Whether we love it or loathe it, today's little ones are growing up submerged in a digital world. As modern parents we're raising "digital kids". They're growing up immersed in a world of screens, gadgets and technotoys.

And this is changing everything about their childhood.

Their exposure to screens is altering their brain architecture and the ways they learn, play, move and develop. It's changing their relationships, the ways they learn language and even how they physically develop (especially their hearing, posture and eye-sight) and even their sleeping habits. Technology's literally changing childhood.

And as parents we're given **conflicting advice**. On one hand we're told to avoid all screens before a child turns 2 (which is really hard when screens are everywhere!). Yet we see products, apps and gadgets that claim to boost a baby's IQ and brain development. So who are we to believe?

In this seminar, children's technology and development expert (and mum of two little boys!) Dr Kristy Goodwin explores how technology is changing childhood and impacting on the ways today's little ones learn and develop. Dr Kristy will alleviate parents' pressing fears and concerns (techno guilt) when it comes to babies, toddlers and technology.

In this practical seminar Kristy will arm you with the facts and dispel the most common myths and misconceptions when it comes to raising young children in the digital age (and no, you won't have to unplug your TV or ban the iPad). Kristy will suggest healthy and helpful ways to use technology with young children and the essential things parents need to do to minimise any potential harmful effects (because if we're not careful technology can be detrimental to our child's development).

In this two-hour seminar, Dr Kristy will share with parents (of children aged 0-3 years):

- // Why the first 2000 days of life are critical for a child's brain development so that you can understand the simple things you can do to support their learning (this is basic neuroscience essential for all parents);
- // Simple and fun ideas to support (not accelerate) their baby's and toddler's brain development, so you can be armed with an array of ideas that are easy to implement (and based on research);
- // The 7 essential building blocks for optimal brain development in a digital age, so you know exactly what developing brains and bodies need (without having to spend hours researching on Google);
- // What you really need to know about "screen-time" and why this isn't the most important issue when it comes to little ones and technology;
- // How our own tech-habits impact on our baby and toddler's development (we'll talk about background TV, screens and sleep, "sharenting" and "techno-glect") so that you can make informed decisions about how you'll use technology around little ones;
- // Why it's absolutely essential to minimise our baby's and toddler's exposure to WiFi so that we minimise any potential harmful effects;
- // Essential information about TV and DVDs and if and when they're suitable for babies and toddlers; and
- // Critical information and tips about smartphones and tablet devices with little ones (if they're suitable for little ones, when to introduce them, what to look for in quality apps and their impact on children's development) so that you feel confident that your child is using these devices in healthy and helpful ways.

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:



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