



*Dr Kristy's
Professional Bio*





Dr Kristy Goodwin is a highly sought-after expert on the impact of technology on young children's health, learning and development (and also a mum!). Kristy's a speaker, author, workshop facilitator, researcher and consultant who delivers evidence-based information about the impact of digital technologies on young children's learning, health, wellbeing and development. She's passionate about sharing the latest research and insights into how "digitalised childhoods" are changing the ways that young children learn, play and develop (without telling parents or educators that they need to ban the iPad, or disconnect the Internet).

With over 14 years of experience in teaching and research, Kristy has a gift for cutting through media-hype, myths and misnomers about what young children really need to thrive in a digital age (based on latest neuroscience and developmental science). Dr Kristy is

regularly called on by the media for her insight. With a gift for cutting through media-hype and conflicting research, Dr Kristy conducts and translates the latest research into practical and digestible information for today's bamboozled parents, to assist them with the enormous task of parenting in the digital age. She helps ease parents' techno guilt so that they can find healthy and helpful ways to use digital technologies with young children (without having to ban the iPad or disconnect in the Internet).

Dr Kristy has conducted numerous evaluations and research studies for the New South Wales Department of Education and Communities, including studies examining the effectiveness of tablet technologies and games-based learning in classrooms. Dr Kristy is often featured as a keynote speaker at Australian and International conferences on digital technologies and their impact on young children's learning, health and wellbeing. Kristy regularly speaks at preschools, long day care centres, primary schools and secondary schools throughout Australia to parent and educator audiences and to health professionals who are concerned about the impact of technology on children's wellbeing and development.

Dr Kristy's previous clients include Apple, Nickelodeon Junior Channel, McDonald's, the National Broadband Network, NSW Department of Education and Communities and Optus. She's worked with various multimedia companies, guiding the development of appropriate and educational multimedia programs to support young children's learning and development

Along with being an Honorary Associate at Macquarie University at the Institute of Early Childhood, Kristy has worked as a primary school and early childhood teacher for thirteen years in a range of educational settings in Australia and Asia. In 2004 Kristy was awarded a NSW Quality Teaching Award and in 2007 was awarded an Australian Postgraduate Scholarship for her doctoral studies at Macquarie University where she completed a PhD on the impact of digital technologies on young children's learning.

Kristy has written a book, *Raising Your Child in a Digital World*, with Finch Publishers and has been a contributing author to two academic books (Springer, 2013 and Routledge 2016), in addition to regular academic publications.

More information and videos about Kristy be found here: <http://drkristygoodwin.com/about/>





Short and Sweet Version

Dr Kristy Goodwin is one of Australia's leading digital wellness experts (and mum who also has to deal with her kids' techno-tantrums!). She's the author of *Raising Your Child in a Digital World*, a speaker, researcher and media commentator. Dr Kristy arms parents, educators and health professionals with research-based information about what today's young, digital kids really need to thrive online and offline. Kristy takes the guesswork and guilt out of raising kids in the digital age by arming parents and educators with facts, not fears about how screens are impacting on children's health, wellbeing and development. She empowers parents and professionals to find the positive potential technology offers kids, whilst also mitigating some of the potential pitfalls.

Professional Headshots

The following images and logos can be used by your organisation to promote a speaking engagement after you've booked Kristy. Click below to download the images and logos.

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