

Raising Digital Kids

Guilt-free advice for confused & concerned parents



WITH

Dr Kristy
GOODWIN

Dr Kristy Goodwin delivers a practical 60-minute parent seminar to help worried parents understand how digitalised childhoods and adolescence are impacting kids' health, learning and development. Dr Kristy highlights the potential and the pitfalls associated with kids and teens using screens and arms parents with simple strategies about how to best manage technology at home (so screen-time doesn't *always* end in 'scream-time'). Understand why kids have techno-tantrums (& effective strategies to prevent these), how much screen-time is healthy and harmful, if it's okay to use screens as a reward/punishment tool, the current online risks facing kids and teens, and simple ideas to develop healthy tech habits at home... so you can finally ditch the guesswork and confusion! Bring your 'digital dilemmas' and Dr Kristy will help you find simple solutions and put an end to your techno-guilt!

LUNCH & LEARN DETAILS

- DURATION 45 minutes to 1 hour
AUDIENCE Parents of children aged 3-16 years
BOOKINGS enquiry@drkristygoodwin.com



Dr Kristy Goodwin is a leading digital parenting educator, researcher, author & former teacher (and mum who deals with her kids' techno-tantrums). She translates the latest research into essential and digestible information and tips, for parents, educators and health professionals so that they can safely navigate the digital terrain... without suggesting digital amputation! Kristy has spoken at and consulted with schools, health organisations and corporations throughout Australia and Asia, she's regularly called on by the media for her expert opinion.