

# Raising Boys In A Digital World



Dr Kristy Goodwin, a digital parenting educator, researcher and author (& mum to two boys), translates the latest research about how boys' technology habits are shaping their childhood and adolescence. Dr Kristy helps confused and concerned parents make informed decisions about how to best manage technology at home with their sons (so it doesn't always end in tears and tantrums)... and no she won't suggest that you ban the iPad, or gaming console. Kristy will arm parents with essential information about how gaming and pornography are influencing boys' health, learning and development and how inappropriate technology habits can impact on their sleep, learning, attention spans and physical health and wellbeing. Dr Kristy will also talk about addiction and strategies to develop healthy technology habits with boys.

Dr Kristy arms parents with simple strategies and ideas to confidently navigate the digital world with their sons. Dr Kristy will explain why boys often experience techno-tantrums and become agitated when they stop using screens (there's a neuroscientific explanation for your son's frustration) and effective strategies to ensure your son's online safety...because digital abstinence isn't a solution.

## SEMINAR DETAILS

- DURATION** Parent Seminar (2 hours including question time)
- SUITABLE FOR** Parents and professionals of boys aged 5-16 years
- PACKAGES** This can be delivered as a stand-alone seminar for parents or offered as part of a School's Package Kristy offers.
- BOOKING** [enquiry@drkristygoodwin.com](mailto:enquiry@drkristygoodwin.com)



Dr Kristy Goodwin is one of Australia's leading children's technology and development experts (& a mum who's endured her sons' techno-tantrums!). She takes the guesswork and guilt out of raising boys 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 boys in the digital age... without telling you to ban the iPad or unplug the TV. Kristy has spoken at and consulted with public and private schools throughout Australia and Asia, she's regularly called on by the media for her expert opinion.



Education

