

# Raising Your Child in a Digital World



WITH

*Dr Kristy*  
GOODWIN

Dr Kristy Goodwin, a digital parenting educator, author and researcher (& mum who also deals with her kids' techno-tantrums), translates the latest research about how technology is shaping childhood into essential information for confused and concerned parents. Dr Kristy helps parents make informed decisions about how to best manage screen-time at home (so that it doesn't always end in 'scream time')... and no she won't suggest that you ban the iPad, or unplug the TV! Parents will understand the latest risks to kids' online safety (including current cyber-safety threats, pornography exposure, introduction of phones and social media), as well as the health, learning and development implications of young kids (4-12 years) growing up in a world of screens. Kristy will share her simple formula to determine healthy screen-time limits and will arm parents with a host of strategies and ideas to help kids develop healthy technology habits. Dr Kristy will explain how technology is impacting kids' learning, sleep, social, language, play, physical skills and their vision, hearing and posture and will arm parents with practical strategies about how to best raise kids in a digital world. Parents will learn how to get the most out of their child's screen-time so they can finally ditch the guilt and guesswork.

## PARENT SEMINAR DETAILS

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| DATE     | Tuesday 13th March 2018   |
| TIME     | 6:30-8:30pm (please note, the talk starts promptly at 6:30pm)   |
| LOCATION | Castle Hill Public School, School Hall  |
| AUDIENCE | Parents of children aged 4-12 years   |
| TICKETS  | \$10/ticket available from: <a href="https://www.trybooking.com/UFSK">https://www.trybooking.com/UFSK</a> |



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 that kids be 'digitally amputated'! Kristy has spoken at and consulted with schools throughout Australia and Asia, she's regularly called on by the media for her expert opinion.



Education

