

Healthy Digital Habits



WITH
Dr Kristy
GOODWIN

Dr Kristy Goodwin is one of Australia's leading digital wellness experts and a former early childhood and primary teacher. As a researcher and author who's written extensively about how technology is impacting on children and teen's health, learning and development, Kristy arms professionals with facts, not fears about how digitalised childhoods and adolescence are shaping and impacting today's kids. In this practical seminar designed for professionals working with kids and teens, Dr Kristy translates the research into essential and practical information about how professionals can assist today's students develop healthy digital habits. Dr Kristy explains how technology can adversely impact kids' and teens' sleep, physical activity levels, vision, hearing, posture, pedestrian and driver safety, social and emotional health and learning if used excessively, inappropriately or incorrectly. Kristy also outlines how students' attention spans can be compromised by technology. She shares a wealth of simple strategies that empower teachers and health professionals to assist today's students to use devices in ways so that their health, learning and wellbeing aren't hampered (because digital amputation *isn't* a long-term solution).

PROFESSIONAL LEARNING SEMINAR

DURATION	1.5-2 hours
SUITABLE FOR	Teachers and health professionals working with 5-16 year olds
PACKAGES	Stand-alone professional learning seminar, or part of School's Package, or delivered as a webinar
BOOKING	enquiry@drkristygoodwin.com



Dr Kristy Goodwin is one of Australia's leading digital learning and wellness experts, researchers, speakers and authors. Kristy is a former teacher and parent herself who understands that digital abstinence isn't the solution for kids and teens! Kristy translates the research from a range of disciplines into practical, digestible and essential information for educators, carers and health professionals. Kristy explains how technology is impacting and shaping today's childhood and adolescents and what professionals can do to cater and compensate for their plugged-in childhoods. Kristy's previous clients include the NSW Department of Education, National Broadband Network, Apple, Nickelodeon channel, Optus and hundreds of public and private schools throughout Australia and Asia.

