

Raising Kids & Teens in a Screen World



Dr Kristy Goodwin, a digital parenting educator, author and researcher (& mum who also deals with her kids' techno-tantrums), delivers research-based information to parents about the overwhelming and confusing task of raising young kids and adolescents in a digital world. Dr Kristy arms parents with simple strategies to manage screen-time at home *without* tears and tantrums and without having to constably fret about their online safety. Kristy will explain, using neuroscience, why our kids and teens become infatuated (not 'addicted') to technology, why they find it hard to switch off devices (and throw techno-tantrums) and how we can help our kids and teens develop healthy digital habits. Kristy will share the current risks to kids' online safety (the 3Ps- predators, pornography and peers in the form of cyber-bullying) and will explore why we need to avoid using screen-time as a reward or punishment tool. In this engaging seminar Kristy shares realistic advice about how to ensure screens don't compromise our kids' and teens' physical health (sleep, physical activity, vision, hearing and posture), emotional health (cyber-bullying, cyber-safety, use of social media) and learning (the academic costs of multi-tasking). Kristy empowers parents with simple ideas and strategies to help them be the pilot of the digital plane.

PARENT SEMINAR DETAILS

DURATION	Parent Seminar (2 hours including question time)
SUITABLE FOR	Parents and professionals of children aged 4-16 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



Dr Kristy Goodwin is a leading digital parenting educator, rspeaker, esearcher, 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

