



Raising Young Children in a Digital World

WHAT PARENTS REALLY NEED TO KNOW SO THEY CAN DITCH THEIR GUILT AND CONFUSION

As parents, we've been faced with the enormous task of parenting in the digital age, wading through confusing and often conflicting information to discover how technology fits into young children's lives. We're told that screen-time is harmful for our kids, but we also worry that they'll fall behind if they don't know how to tap, swipe and pinch.

In this 90-minute seminar Dr Kristy arms parents with:

- // The three Bs to ensure that your child's screen-time is healthy: basic needs, boundaries and balance;
- // Simple and practical ideas to ensure that young children's screen-time is helpful and not harmful (so you can have peace-of-mind that their screen-time isn't adversely impacting their development);
- // A quick formula to calculate healthy amounts of screen-time for your child (ditch your techno-guilt for good);
- // Healthy screen habits to ensure that your child's health, learning and development are supported, not stifled in the digital age;
- // Easy and educational ideas for getting the most out of TVs and touchscreens with young children.



Dr Kristy Goodwin is a leading children's technology and development expert (and mum!). She helps parents ditch the techno guilt and raise happy, healthy kids who thrive online and offline. Kristy takes the guesswork and guilt out of raising kids 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 kids in the digital age.

Dr Kristy has been featured on:



Upcoming Event:

Date: 19th September 2016

Location: Curl Curl North Public School

Time: 7:00PM to 8:30PM

Suitable for: Parents of children from Kindergarten to Year 6

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Dr Kristy

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