

Raising Your Child in a Digital World

WITH
Dr Kristy
GOODWIN

Dr Kristy Goodwin translates the latest research about how technology is shaping childhood into essential information and realistic advice for confused and concerned parents. She 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 and digital wellbeing (including why kids have become obsessed with Fortnite, the risks of premature introduction to social media, the current cyber-safety



risks for primary students, how to prevent and deal with cyber-bullying, screen 'addiction' concerns and exposure to pornography) as well as the health and learning implications of young kids growing up in a world of screens. Kristy will share her simple formula to calculate healthy screen-time limits, will arm parents with a host of strategies and ideas to prevent techno-tantrums and will discuss whether we should use screen-time as a reward or punishment tool. Parents and carers will learn how to get the most out of their child's screen-time so they can finally ditch the guilt and guesswork. This event is open to the public.

SEMINAR DETAILS

DATE: Monday 29th October 2018

TIME: 7-9pm (please note, doors open at 6:30pm and the talk starts promptly at 7pm)

LOCATION: Pymble Public School | Crown Road | Pymble, NSW 2073

AUDIENCE: Parents and carers of children aged 4-12 years

TICKETS: <https://bit.ly/2Ntawhb>



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.

An event open to the public, proudly hosted by Pymble Public School