

Helping Families Thrive Online Parent Webinar

This 60-minute webinar (plus 15 minutes of Q & A) provides parents and care-givers with research-based yet realistic strategies to protect their children and teens' digital wellbeing and learning as they spend more time online during the global health crisis.

Dr Kristy will help confused and concerned parents feel confident about how they can best support their children's physical health, mental wellbeing and learning online.

Session Overview: Through this highly practical webinar parents will learn:

- 01.** A simple formula to determine healthy **SCREEN TIME** limits (& permission to lower the bar during home isolation);
- 02.** The **FIVE** essential **BOUNDARIES** that parents must set with their children and teens to ensure that their time online supports their **PHYSICAL HEALTH** and **MENTAL WELLBEING**;
- 03.** How the brain **LEARNS ONLINE** and simple strategies to promote **FOCUS** and avoid **DIGITAL DISTRACTIONS** as they learn remotely; and
- 04.** Why **DIGITAL DISCONNECTION** is critical for your child's **PHYSICAL HEALTH & MENTAL WELLBEING**

Suitable for: Parents in primary & secondary school. Content tailored for each session.

Kristy's team handles the tech set-up (Zoom webinar) and provides a registration link which you share with your school community. Parents can pre-submit their questions so Kristy can tailor the content to your parents' digital dilemmas. A replay of the webinar is sent to everyone who registers, as well as a link to an eBook summary.

DR KRISTY
GOODWIN



Previous clients...

Contact Kristy's team to enquire.



PRINCE
ALFRED
COLLEGE



TSS
THE SOUTHPORT SCHOOL

Education



KNOX GRAMMAR SCHOOL



ABBOTSLEIGH-KAMBALA



Newington College



CRANBROOK
SCHOOL

Roseville College



SHORE