Topic Four

HELPING FAMILIES THRIVE ONLINE

Realistic, Research-based Tips for Managing Kids, Teens & Screens

Raising 'screenagers' who throw techno-tantrums when you digitally-disconnect them, or remove their digital appendage is no mean feat. Parents and carers today are feeling confused and concerned about raising their child or teen in the digital landscape. There's so much conflicting advice.

This presentation provides parents and caregivers with research-based yet realistic strategies to protect their children and teens' digital wellbeing and learning as they spend more time online. As a mum, I understand the myroad of digital dilemmas you face- how much screentime is safe? When do I dunk them in the digital stream and give them a phone or console? How do I keep them safe? Why are they so distracted online?

Session Overview:

Through this webinar parents and caregivers will learn:

- A simple formula to determine healthy **SCREEN TIME** limits for 'screenagers' (& permission to lower the bar during home isolation);

- 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**;

- Why children are infatuated with digital technologies and why they throw **TECHNO-TANTRUMS** when asked to switch off;

- How the brain **LEARNS ONLINE** and simple strategies to promote **FOCUS** and avoid **DIGITAL DISTRACTIONS** as they learn remotely; and

- Why **DIGITAL DISCONNECTION** is critical for your child's **PHYSICAL HEALTH & MENTAL WELLBEING.**

Parents will be armed with a range of simple, science-backed solutions that doesn't involve 'digital amputation'. This can be a stand alone keynote, or part of a half or full day program. I look forward to helping your organisation or workplace help parents to better understand and manage their screenagers' digital world.