

Raising Your Child Online

DR KRISTY
GOODWIN

Help your child to thrive online. Put an end to the guilt, grief and guesswork often associated with screentime.



This seminar, delivered on-stage or online, will help parents of primary school aged children to navigate the digital world with their children, *without* suggesting that they ban the gaming console, or iPad, or unplug the TV. Dr Kristy will arm parents with research-based yet realistic advice to help them feel confident about how they can best support their child's physical health, mental wellbeing and learning online.

Kristy will explore:

- // Why children find the online world captivating and how to manage their screen time so it doesn't end in 'scream time' (there's science to explain their techno-tantrums);
- // A simple (& realistic) formula to determine healthy SCREEN TIME limits for children based on their BASIC NEEDS;
- // Why parents need to be the PILOT of the DIGITAL PLANE and the 3Bs that will allow them to be the pilot (boundaries, basic needs and boredom);
- // Why focusing on HOW MUCH time they spend online is NOT the most important question and the 5 essential BOUNDARIES they must establish to ensure their child's time online supports their PHYSICAL HEALTH and MENTAL WELLBEING;
- // How to determine when their child is ready for a phone, social media account or gaming console (and how to deal with their CONSTANT DIGITAL REQUESTS);
- // Why DIGITAL DISCONNECTION is critical for your child.

AUDIENCE - Parents, carers & educators of students in Prep-Year 6

DURATION - 1.5-2 hours

DELIVERED - On-stage or online (via webinar which Kristy's team organises & hosts)

ENQUIRE - info@drkristygoodwin.com



About Kristy

Dr Kristy Goodwin is one of Australia's leading digital wellbeing researchers, speakers, authors & media commentators (and mum who endures her kids' techno-tantrums). She provides brain-based solutions to help children, teens and adults thrive in a digital age. Kristy arms parents with science-backed, yet simple solutions to help their 'screenagers' develop healthy and sustainable digital behaviours. Kristy's former clients include the NSW Department of Education, the Reserve Bank of Australia, Westpac, Optus, Apple, Macquarie Bank, Randstad, DLA Piper and public and private schools across Australia.

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