

Kids, Teens & Screens

DR KRISTY
GOODWIN

Realistic strategies to help parents navigate the online world with their 'screenagers'.



Dr Kristy will help confused and concerned parents feel confident about how they can best support their children's and teens' physical health, mental wellbeing and learning online, without proposing 'digital amputation', banning the gaming console or iPad.

Kristy will explore:

// Why children and teens are susceptible to POTENTIAL PITFALLS ONLINE given their BRAIN DEVELOPMENT;

// Why the online world is APPEALING to children and adolescents (there's science to explain their digital infatuation and 'techno-tantrums');

// A simple & realistic formula to determine healthy SCREENTIME limits for children and teens;

// The 5 VITAL DIGITAL BOUNDARIES parents must establish to ensure their children and teens develop healthy digital behaviours;

// The current RISKS facing kids and teens in the online world and SIMPLE SOLUTIONS to mitigate these; and

// Why DIGITAL DISCONNECTION is critical for your child's PHYSICAL HEALTH and MENTAL WELLBEING.

AUDIENCE - Parents and carers of K-12 students

DURATION - 1.5-2 hours (webinar 1.5 hours, on-stage 2 hours)

DELIVERED - On-stage or online (as a webinar)

ENQUIRY - info@drkristygoodwin.com



About Kristy

Dr Kristy Goodwin is one of Australia's leading digital wellbeing researchers, speakers, authors & media commentators. She's a former teacher and a mum who endures her kids' techno-tantrums. She provides brain-based solutions to help children and teens 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 and public and private schools across Australia and Asia.

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