

Conversations with our Children

Raising your child in a digital world

Presented by Dr Kristy Goodwin

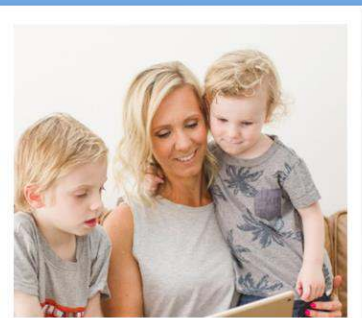


Did you know?

When parents make informed decisions about how to best manage screen-time at home, they feel more confident and assured navigating their children's digital world

Join this parenting seminar to:

- Understand how technology is shaping kids' sleep, social, language, play, physical skills and their vision, hearing and posture
- Develop simple (& realistic) strategies to ensure that technology doesn't harm your child's health or development
- Learn strategies to prevent the dreaded techno-tantrum
- Hear about the latest research, and essential information for parents



Presenter: [Dr Kristy Goodwin](#) is a Digital wellbeing and productivity researcher, speaker, author, consultant- one of Australia's leading digital health and wellbeing experts. A former teacher, and academic, Dr Kristy Goodwin helps parents ditch the techno-guilt and raise happy, healthy kids who thrive online and offline.

WHEN: Wednesday
10th November

TIME: 7-8:30 PM

WHERE: Online- Zoom

COST: FREE

**REGISTER AND ADD
QUESTIONS:** [HERE](#)

RSVP:
Tuesday 9th Nov 5 PM

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FOR: Parents &
caregivers of children
(under 12).



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