

Upcoming Webinar for Parents

This school has a membership with Parenting Ideas, one of Australia's most trusted sources of parenting education and support. As part of this membership, all the parents in this school community can attend some fantastic webinars in 2020 at no cost. We're pleased to let you know about an upcoming webinar.

Understanding techno tantrums: 17 June 8–9pm AEST



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See the expert as they speak



Catch up recording available

**Valued at
\$37 per person**

Webinar Overview

In this digital era, chances are we've all experienced our children throwing a techno-tantrum. Techno-tantrums are completely normal and often a result of the neurobiological changes that occur when kids use technology. But this doesn't mean that we have to simply accept that they're part of our modern parenting reality. In this webinar Dr Kristy Goodwin helps parents and carers understand why children and teens emotionally combust when they digitally-disconnect, and how to establish new, healthy technology habits. Key learning and discussion points include:

- The science behind why kids and teens have techno tantrums and find it challenging to switch off screens
- How to establish and enforce firm guidelines and boundaries
- How to be the pilot of the digital plane
- Researched based, realistic strategies to help develop healthy digital behaviours so that screen time doesn't end in 'scream time'



[View video overview](#)

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Presenter Overview

Dr Kristy Goodwin is a digital wellbeing and performance speaker, author and researcher, and a mum who also deals with her kids' techno-tantrums! She's the author of *Raising Your Child in a Digital World*, and a media commentator who doesn't suggest that we ban the iPhone, or unplug the gaming console – she believes digital abstinence isn't the solution.



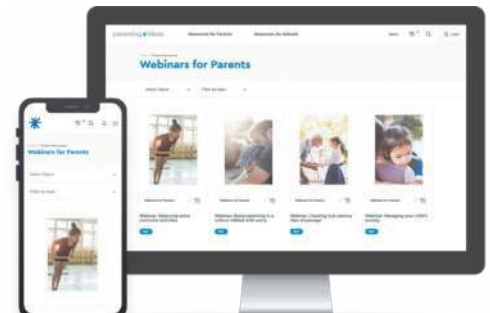
Kristy worked as an educator for fourteen years before becoming an academic and speaker who's on a mission to help children, teens and adults tame their technology habits so they're not a slave to the screen.

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www.parentingideas.com.au/parent-resources/parent-webinars/understanding-techno-tantrums

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This offer is valid until 17 September 2020.

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Articles for Parents

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