

# Upcoming Webinar for Parents

## Dr Kristy Goodwin presents: Taming digital distractions

Dr Kristy Goodwin is a digital wellbeing and peak-performance speaker, author and researcher (and 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 (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.

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 this webinar at no cost.



Watch from any device, any location



See the expert as they speak



Catch up recording available

**Valued at \$39 per person**  
**No charge for our school community**



**Watch an overview from Dr Kristy Goodwin**

## About the webinar

Technology is an integral part of life for our children – it's the portal for their leisure, learning and connection. However, digital technologies can also disrupt a child's focus, put a dent in their learning and compromise their wellbeing. In this webinar, Dr Kristy Goodwin helps parents and carers understand why children and adolescents are vulnerable to digital distractions. She provides science-backed solutions to help kids and teens develop healthy digital behaviours so that they can focus, learn and thrive online.

Key learning and discussion points include:

- how long we should expect focused attention from children and teens
- the research behind why digital distractions are interfering with our children's attention
- how some technologies have been intentionally designed to be captivating and alluring
- why banning technology isn't the solution
- how to teach children and teens how to build a 'fortress around their focus' and leverage the benefits that technology offers them

The webinar will be held on 8 September 2021 at 8–9 PM AEST.

## Redeem your webinar – it's easy!

To redeem your webinar click or copy and paste this link:

[www.parentingideas.com.au/parent-resources/parent-webinars/webinar-taming-digital-distractions](http://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-taming-digital-distractions)

1. Click 'Add to cart'
2. Click 'View cart'
3. Enter the voucher code TAMING and click 'Apply'
4. Enter your school's name to verify your eligibility. The \$39 discount will then be applied.
5. Click 'Proceed to checkout'
6. Fill in your account details. These are the details you will use to login to your account and access your webinar and resources
7. Click 'Place Order'

This offer is valid until 8 December 2021. If you're unable to make the broadcast time, just register anyway and you will get access to the recording.

## Articles for parents

On the Parenting Ideas website you can also view and receive helpful articles to support your parenting journey.

Read up on topics such as resilience, siblings, bullying, digital and social media, friendships, confidence, behaviour, anxiety, girls, boys, learning and education.

Subscribe today – it's free.

