

ONLINE

MANAGING KIDS' SCREEN TIME WITHOUT THE STRUGGLE

Feeling overwhelmed by screens at home? You're not alone.

This practical session with parenting educator Genevieve Muir will help you:

- Understand why screens are so hard to manage - for both kids and adults.
- Learn why some children struggle more with screens and how to support them.
- Set clear, age-appropriate screen-time boundaries that work.
- Reduce screen-related meltdowns and arguments.
- Make informed decisions about phones, YouTube, and social media.
- Feel more confident and in control of your family's screen use.

Perfect for parents of kids aged 2 - 15 years, it includes practical tools and time for real-life questions.

Please note: this program is funded for parents residing in these LGAs only - Hornsby, Ku-ring-gai, Willoughby, Lane Cove, Mosman, North Sydney and Northern Beaches.

CLICK HERE TO REGISTER

OR

SCAN HERE

**MORE INFO &
BOOKINGS**

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