



Raising Screenagers

A free webinar with Dr. Kristy Goodwin

“Just five more minutes!” Sound familiar?

How do you create healthy boundaries for your teen’s screentime without digitally amputating them? This workshop by renowned digital wellbeing expert, Dr Kristy Goodwin, will offer evidence-based, realistic advice to help parents and carers feel more confident about supporting your teen’s physical and mental wellbeing.

Kristy will explore:

- A simple formula to establish healthy screentime limits for teens of various ages
- Why young people are susceptible to potential pitfalls online and how best to navigate social media and online video games
- Why digital detoxes are critical for your teen’s physical and mental wellbeing

The webinar is free but you need to book!

Click here to register:

[Webinar Raising Your Child Online Parenting Connection - Dr Kristy Goodwin](#)

Supported by

When: 6-7:30pm 27th June
Where: Online