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LUNCH TIME SESSIONS OF PARENTING IN THE DIGITAL AGE

Dates: 4, 11, 18, 25 Oct 2024

Time: 12-1.30pm

Venue: Zoom

This series of vital workshops help busy parents tackle the challenges of managing children's technology use and online exposure.

- Practical tools for balancing screen time,
- Ensure internet safety
- Foster healthy communication.



Session 1

Digital Landscape and Its Impact on Children

Learn about popular digital platforms and trends. Understand the impact on children's development and health. Connect with other parents in breakout rooms to discuss challenges, strategies, and form support networks.

Session 2

Developing Effective Digital Habits and Boundaries

Learn strategies for balanced digital routines, including parental controls, monitoring, and setting boundaries. Discuss managing children's resistance and engage in activities for practical implementation at home.



Session 3

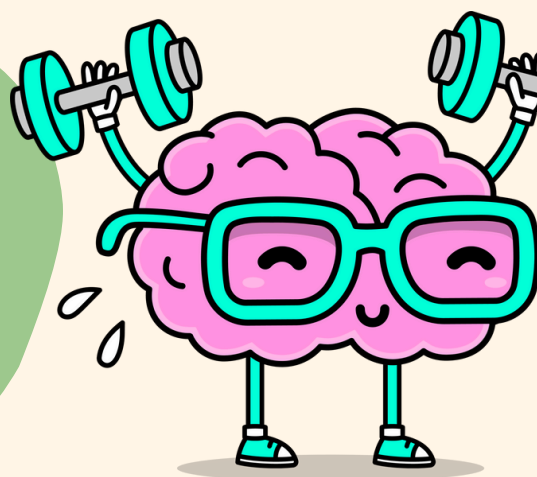
Enhancing Digital Literacy and Safety

Equip parents with skills for online safety, privacy, and responsible digital behavior. Topics include internet safety, privacy concerns, social media etiquette, and balancing online and offline life. Learn through hands-on demonstrations and practical exercises.

Session 4

Mental Health in the Digital World

Learn about the mental health impacts of digital use, including cyberbullying, self-esteem, body image issues, stress, and anxiety. Discover strategies to support children and promote healthy digital use. Share experiences and gain support through open discussions with other parents.



Sign up here



<https://rb.gy/3x5diu>

Course Fee: \$500

BRING A FRIEND & SAVE!

**BRING A FRIEND, AND
BOTH OF YOU WILL GET
\$30 OFF THE COURSE FEE.**

