



## KIDS AND SCREENS

**Last night we had the pleasure of having dr. Kristy Goodwin as our guest speaker addressing our Junior School parent community on Kids and Screens.**

Dr Kristy Goodwin is an award-winning researcher, speaker, author, and mum on a mission to help parents and educators raise happy, healthy children and teens who thrive online and offline.



Last night's presentation helped concerned parents to navigate the digital world with their 'screenagers', without suggesting that they 'digitally amputate' them. Dr Kristy equipped parents with research-based yet realistic advice to help them feel confident about how they can best support their children's physical health, mental wellbeing and learning online.

Amongst other, she encouraged parents to implement the 3 B's:

- Set **Boundaries** with their children
- Ensure that their children's Basic needs are met and
- Allow their children to be Bored/Goof Off

If you want to know how to set boundaries or what the basic needs are or why children should be allowed to be bored, [click on this link](#)

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