



PARENTING IN THE DIGITAL AGE

Technology is central to all our lives, and our children use devices for education, socialising, entertainment and relaxation'. Many parents worry about their children's digital use and are finding it hard to break Lockdown habits.

Parents play a key role in helping their children acquire healthy digital habits for the future so they can maximise the benefits of the online world, and still enjoy and engage in offline activities.

This workshop covers the following topics:



ESTABLISHING COMMUNICATION AND CONNECTION

We discuss how to have open and honest conversations about technology within the family. When parents try to restrict and control access, it leads to arguments, rebellion and resentment. Privacy settings play an important role but this workshop focuses on helping parents teach their children to be safe and responsible online, just as we teach them to safe and responsible in the real world. When children are comfortable, and accustomed to, talking with parents about their online activities they are more likely to ask for help if they are worried or get into trouble.



SETTING AND UPHOLDING RULES ABOUT TECHNOLOGY

We explore how to create and maintain limits and boundaries for the online world and digital use at home. This dramatically reduces the battles and arguments which are so exhausting.



HELPING CHILDREN TURN OFF AND RE-ENGAGE OFFLINE

We discover why it is so hard for children to log off and transition to other activities. Then we look at how to respond empathetically and effectively in these moments so our children (slowly!) become more able to regulate their digital use for themselves. We also discuss how to boost our children's enjoyment of non-digital activities.