



Plugged-In Parenting: Connecting with the Digital Generation 6 Hour Professional Development Seminar

Cellphones, texting, Massively Multiplayer Online Role-Play Games, Facebook, Twitter, Second Life, and more! Childhood is not the same as we remember it. Many changes in society can affect your child, their education, and how you parent. As an informed, savvy parent, you know the recommendations for safe and healthy living. But how do you parent without getting into power struggles, door slamming, and being shut out of your children's life? You can teach your child Media Intelligence and have a great relationship! This presentation will help you connect!

In this presentation you will learn:

- Trends and changes in the last twenty years in how children work, communicate and play and the impact of media on the family.
- Current recommendations from the Canadian Pediatric Society for each age group, and the 7 Keys to live a balanced life.
- Understanding children and parent's needs in media literacy and the 5 Essential elements of successfully parenting children and media.
- How to successfully navigate: advertising, personal information, cyber-safety, health effects, cyber-bullying, luring, critical thinking, signs of obsession, and netiquette,
- Top 10 ways to limit screen time without scream time from your child.
- 10 benefits of the Internet and 15 benefits of gaming that will enhance your child's academic and social edge.

Available as a 1-day Seminar

A two hour DVD and book is also available for participants

“Judy was absolutely one of the best speakers I have seen in a long time. She was delightful, informative, and knowledgeable and had an excellent realm of information!” Participant, Plugged-In Parenting for Professional Development, Childreach, London, Ontario, June 2, 2011

Judy Arnall teaches parenting at The University of Calgary, Continuing Education, Chinook Learning, and Alberta Health Services. Judy is the author of the Canadian bestseller, *Discipline Without Distress: 135 Tools for raising caring, responsible children without time-out, spanking, punishment or bribery* and the newly released DVD, *Plugged-In Parenting: Connecting with the Digital Generation for Health, Safety and Love*. Judy is the parent of 5 children. Jarnall@shaw.ca 403-714-6766 for more information, speaking fee and travel costs.

