



Overindulgence? How much is enough? 5 Things digital children REALLY need to succeed in life

Do you worry about spoiling your children? Are you worried that you may have become a helicopter or snowplow parent? Are you giving your child what they really need? (Hint: It's not a cellphone)

Come to this workshop and find out

- the 5 critical skills that children need to compete in the digital world in the next twenty years.
- how you as a parent or caregiver can really help your children be healthy in relationships and succeed in life.

Presentation outline is based on Health Canada, Alberta Health Services, P.E.T. and Public Health Agency recommendations.

Target Audience

Parents, caregivers and health professionals

Presented by

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