



# Taming the Gaming

## How to Limit Screen Time without Scream Time™

Childhood is not the same as we remember it. Many changes in society can affect your child, daily life, and how you parent. As an informed and savvy parent, you know the recommendations for limiting screen time and following cyber safety rules. But how do you implement it without getting into parenting power struggles, door slamming, and being shut out of your children's life?

Yes, you can teach your child Media Intelligence, set some screen time limits and have a great relationship! This presentation will show you how!

**In this presentation, you will learn:**

- **Current recommendations from the Canadian Pediatric Society for various age groups, and 7 ways to live a balanced life.**
- **5 Key elements of parenting children and media.**
- **What has changed in the last twenty years in how children work, communicate and play.**
- **10 Essential tips 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.**

**Presented by:**

**Judy Arnall, BA, International award winning Speaker and best-selling Author of "Discipline without Distress: 135 tools for raising caring, responsible children without time-out, spanking, punishment or bribery."**

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