



Plugged-in Parenting:

Connecting with the Digital Generation for Health, Safety and LoveTM

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 Keynote, Breakout, Lunch 'N' Learn or ½ to 2-day Seminar

A two hour DVD is also available for purchase at www.professionalparenting.ca

Presented by:

Judy Arnall, BA, Professional 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* (2007)

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