



Richmond Community Services Inc. in partnership with Windsor Professional Centre is pleased to be able to offer a **FREE** group for parents/primary carers

Parenting in the Digital Age



Parenting today brings new challenges related to the use of technology in the home. This group recognises the struggle that many parents have with controlling their children's use of technology and gives ideas to improve parents 'capacity to manage this. The group will cover:



- Screen time – what is appropriate for different age groups
- Social media – safety online
- Gaming and addictive behaviours – neurological impact on children's brains
- Positive ways of engaging children with technology
- How to keep limits and boundaries- use of consequences and other tips
- Modelling best practise as adults



Weds 29th November 2017—6.30-9pm

BOOKING ESSENTIAL! 02 4588 3555

Email: admin@rcsi.ngo.org.au

At: Richmond Neighbourhood Centre

20 West Market Street, Richmond, NSW 2753



**WINDSOR
PROFESSIONAL CENTRE**

