



# Digital Wellbeing Workshop : Wed 16th Dec 2020 10.30 - 11.15am

*How can you help your child to be more resilient online....*

*Do they have a healthy relationship with tech?*

*How much screen time is too much?*



\* For Parents of school aged children from 5 -11years

Email for zoom link:  
[anita@dbwprofessional.com](mailto:anita@dbwprofessional.com)

Get advice to help children develop critical thinking, self control and coping strategies to deal with online risks