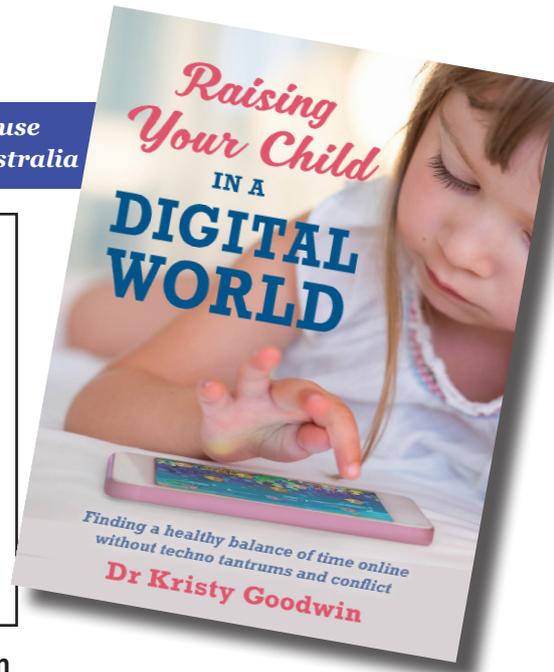




RAISING YOUR CHILD IN A DIGITAL WORLD

Dr Kristy Goodwin

'All parents should have Dr Kristy on speed-dial – if they only knew how to use their phone.' - Hugh Baldwin, Television & Digital Content, Nickelodeon Australia



BOOK INFORMATION

Title: *Raising Your Child in a Digital World*
Sub-title: *Finding a healthy balance of time online without techno tantrums and conflict*
Author: Dr Kristy Goodwin
ISBN: 978 1925048 681
Format: Paperback, 218 x 148, 224 pages, illustrated
RRP: \$29.99
Date: 1 July 2016
Genre: Parenting

Raising Your Child in a Digital World investigates the most current research on new technology, busts a lot of myths, explores the educational benefits of time online and helps parents to successfully guide their children to balance 'screen time' with 'green time'.

Dr Goodwin's message is that mixed messages and confusing information about the benefits and traps of new technology on kids. Her book outlines the ways in which technology can help children in their natural development in regards to physical, mental and social relating skills.

Raising Your Child in a Digital World explores the obstacles and technology myths that confront modern parents. In doing so, Dr Goodwin provides concrete advice on how to develop healthy digital habits in your children and protect their emotional and mental health.

The book is shaped around the seven essential building blocks for young children's development, namely, Attachment and Relationships; Language; Sleep; Play; Physical movement; Nutrition; and Executive function skills.

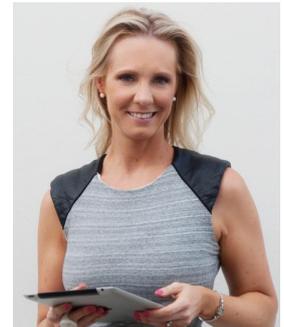
Dr Goodwin says, *'My aim is to arm parents with evidence-based information about how technology is changing the ways young children learn, develop and play and how we can leverage it to meet their developmental needs and minimise any potential harmful effects.'*

'Rather than fearing or banning technology, I can show you healthy, safe and even educational ways to leverage it to help your little ones learn and develop... I spent thirteen years as a teacher before becoming a children's technology researcher. When I became a mum, I realized that there were so many misconceptions and myths about all this. The research about how technology's shaping the way young children learn and develop is not being communicated to parents. And it should be!'

Dr Goodwin is well known for her calm clear insights and strategies for parents in regard to their children's digital habits. Hugh Baldwin, Director, Television & Digital Content for Nickelodeon Australia says that kids and tech use is the great unknown for modern parents.

'Dr Kristy has a great ability to demystify, interpret and cut through the hype. We were so lucky to have her as our resident expert for Nick Jr. Parents. Kristy was a great ambassador and we received lots of positive (and thankful) feedback from parents,' he says.

ABOUT THE AUTHOR



Dr Kristy Goodwin is a children's technology and brain researcher, teacher and mother. She is Director of Every Chance to Learn, an Honorary Associate at The Institute of Early Childhood at Macquarie University and a highly sought-after expert on young children and technology, conducting parent seminars and workshops for Nickelodeon Australia, Playgroups Victoria, Early Childhood Australia and other institutions. Kristy has spent thirteen years as a teacher, speaker and digital advocate. She is on a mission to help parents feel confident raising their children in the digital age. Dr Goodwin lives on Sydney's Northern Beaches. Learn more about her at: www.everychancetolearn.com.au

Please turn over for Table of Contents and marketing and publicity information.