

## SUPPORTING YOUR CHILD TO THRIVE ONLINE



**MIDAS, Meadowfield School, Swanstree Avenue, Sittingbourne, ME10 4NL**

<b>Date</b>	26 <sup>th</sup> March 2024
<b>Time</b>	09:45-12:45
<b>Presented By</b>	Jonathan Smeeton

This workshop will offer advice and strategies to support parents, carers and families understand the importance of maintaining children's digital health and how to encourage a safe, happy, enjoyable and manageable relationship with technology. This workshop will also consider the educational, communitive and leisure role of technology during the pandemic and how we might support our children moving forward.

### **This half-day workshop will cover:**

- Technology to support independence and learning
- Understanding the impact of sustained screen time
- The adolescent brain on games
- Technology and sleep
- How to take control in a supportive and positive way
- Social media-the attraction, using it safely and the pitfalls
- A comprehensive overview of support
- Next steps in technology and gaming – virtual and augmented reality
- Recognising when technology is becoming a problem and what to do about it
- Gaming addiction, the multiplayer game and the online community (Fortnite case study)
- Education's reliance on technology – the benefits and pitfalls

This workshop is suitable for parents, carers and families of primary and secondary age children.

**This workshop is £5 per participant. Refreshments are provided.**

For bookings please contact: [midas@meadowfield.kent.sch.uk](mailto:midas@meadowfield.kent.sch.uk) or telephone MIDAS Centre on 01795 477788, option 6.

