

Digital Wellbeing

SEMINAR FOR PARENTS

- ONLINE -



Presented by Nature Play WA CEO Griffin Longley

Learn strategies to manage children's digital life in balance with being physically active and staying connected to the world beyond the screen.

Focusing on Nature Play WA's Reduce, Replace and Balance approach to navigating the digital maze that has become one of the great challenges of modern parenthood, while sharing strategies, tips, and resources.

Expert Speakers



Merve Lapus

Vice President
Outreach & National
Partnerships,
Common Sense
Education



Leon Straker

John Curtin
Distinguished Professor
School of Physiotherapy
and Exercise Science,
Curtin University



Jacqueline Reid

Director
Mentally Healthy
Solutions -
Child & Adolescent
Mental Health
Practitioner

Date: Tuesday March 30, 2021

Time: 6pm - 7pm

Location: ONLINE Zoom meeting

More info: www.natureplaywa.org.au/programs/digital-wellbeing

Register to attend: <https://bit.ly/38q4F8F>



Department of
Local Government, Sport
and Cultural Industries

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