Helping Children with screen time

The *'Helping Children with screen time'* webinar discusses the positive and negative impact of screen time and gaming on a child's mental wellbeing. We will share the recommendations for screen time based on age, how to have this conversation with your child in a positive and effective manner and a simple and effective way to manage screen time.

What will the 'Helping Children with screen time' webinar cover?

- What the positive and negative impacts of screen time and gaming are

- Setting age appropriate limits for children

- Positive and effective ways to speak to children about screen time

When will the webinar take place?
The webinar will take place on 4 different dates and times.

Date	Time	Duration	Sign up link
23 January 2024	6pm	75 minutes	MHST workshop: Helping children with screen time 23/1/24
25 January 2024	9am	75 minutes	MHST workshop: Helping children with screen time 25/1/24
05 June 2024	6pm	75 minutes	MHST workshop: Helping children with screen time 5/6/24
06 June 2024	9am	75 minutes	MHST workshop: Helping children with screen time 6/6/24

*All Webinars are 60 minutes long, with 15 minutes at the end for questions and answers.
***Please have a pen and paper handy for the webinar**.

How to sign up
Parents and carers can sign up to the webinars by clicking on the sign up links in the table above. This will take you to a Google Form where you will need to provide your email address, the school your child attends, and the year group your child is in.

Who to contact
If you have any questions, please contact your school who will direct your query to the allocated MHST practitioner.