

Let's face it, most parents have a love-hate relationship with technology. It can make so many aspects of parenting a breeze, and others a living nightmare. And with parents feeling information in this field is all just statistics and research, who has time figure out real-life strategies that actually work?

For nearly a decade, psychologist **Brad Marshall** has been helping families find a balance between healthy screen time and problematic overuse. Real strategies, with concrete examples. These strategies resonate with parents.

So much so, famed publishing house HarperCollins asked Brad to spin this very seminar into his recently released book "**The Tech Diet for your Child and Teen**".

SESSION OVERVIEW:

In this energetic and fun presentation parents will discover:

- The "Psych Science" or psychological underpinnings that drive the addictive nature of gaming, social media and online gambling delivered in plain English, **NOT** research jargon.
- When Should Parents Panic? This will spell out the warning signs your child or teenager is headed down the wrong path.
- Introduction to the **7 UNPLUGGED STEPS** for parents as a guide to manage screen and gaming addiction in children and teenagers at home. Parents will leave this session with a clear action plan for **WHAT** they need to change in their family, **WHY** and **HOW** to do this.

Duration: 60 minute key note

THE TECH DIET FOR PARENTS

For more information or
to book, please contact
admin@unpluggedpsychologist.com.au

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This easy-to-read, step-by-step guide will be invaluable to parents trying to manage digital device use within their families because the methods Brad Marshall provides are based on thousands of hours of successful clinical treatment.
-Dr Wayne Warburton PhD
Associate Professor of Developmental Psychology
Macquarie University
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