



## Managing Screen Time

Would you like to learn how to:  
Navigate the challenges of managing children's screen time.  
Understand the impacts of screen time on children's health and development Set boundaries for screentime.

This session will provide parents with strategies and tips to help them to establish healthy screen time routines

**DATE:** Wednesday 9th October 2024

**TIME:** 6.30pm to 8.00pm

**WHERE:** Online

**COST:** This session is free but registration is essential

**Bookings & Enquiries contact:**  
ParentZone Northern (03) 86418900 or email  
[parentzone.northern@anglicarevic.org.au](mailto:parentzone.northern@anglicarevic.org.au)

**PARENTZONE**