

Media Release



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Healthy Tech Habits for parents

Parents and adults can learn about the positive use of technology to pass on to young people at a special workshop at Narellan Library next month.

Psychologist, teacher and founder of Digital Nutrition, Jocelyn Brewer will run the free workshop, Healthy Tech Habits and speak about positive and practical strategies for adults who care for young people - older tweens and teens - in the age of technology.

Mayor Peter Sidgreaves said the workshop offered parents and adults a chance to learn healthy technology habits for the home.

“As a parent, it is important to understand how to use technology in the best possible way for young people,” Cr Sidgreaves said.

“The workshop will also give tips on how to implement boundaries for on and off-line behaviours and understand digital nutrition for healthy tech habits,” he said.

The event will take place 6pm-7.30pm, Monday 12 November. Bookings are essential.

For more information visit the library website, www.library.camden.nsw.gov.au.

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