

Digital Parenting

Workshop for parents and carers

Navigate screen time, social media, and online safety with confidence

Raising children in a digital world can feel overwhelming. This practical, single-session workshop equips parents and carers with down-to-earth strategies to understand children's device use, manage screen time, and safely navigate online risks like gaming, inappropriate content, and emerging AI technologies. An individual workshop, suitable for families with children of any age.



Tuesday 17th November

12.30pm – 2.30pm

Ham Children's Centre

Ashburnham Road

TW10 7BG

Wednesday 16th December

12.30pm – 2.30pm

Heathfield Children's Centre

Powder Mill Lane

TW2 6EX

To book your place on to this course, please scan the **QR code** or visit <https://forms.gle/zd9v3NCdkXen7x6Q8>.

To find out more, contact Tom Maybey, Richmond Parenting Lead.

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