



Wendy Bramham Therapy

Counselling, Psychotherapy & Complementary Health
in Newbury & Marlborough

www.wendybramham.co.uk

Parenting Masterclass with Suzie Hayman

Raising the Connected Generation

Helping your Kids deal with the Pressures of Digital Technology

Saturday, 4th February 2017, 9.30 am – 12.30 pm Venue: White Horse Bookshop, Marlborough

Do you have concerns over your children's use of digital devices? Are you worried about sexting, cyber-bullying and access to pornography? Do you feel you are losing control and finding it hard to set boundaries? Is screen time taking up too much time and damaging family cohesion?

If so, this seminar with parenting expert and broadcaster, Suzie Hayman, will help you get to grips with parenting issues around digital technology, understand why children find it so beguiling, and help you come up with guidelines and rules that are right for you.



Suzie Hayman

You will leave the event feeling more informed and competent in dealing with a whole range of topics, including:

- What is worth worrying about in the realm of digital technology?
- Should you be concerned? Or are you not concerned enough?
- What is really available on phones, games consoles and laptops?
- Selfies, sexting and trolling, pornography, violent video games, sexual and political grooming
- Positive opportunities for kids: posts, blogs, scripts, music, networking, support
- Age appropriate controls and interventions
- How to model good internet behaviour – are you always on *your* phone?

Plus: general advice on parenting, geared to your individual questions. We look forward to seeing you there.

Suzie Hayman is a Relate-trained counsellor, parenting educator, broadcaster and author of thirty one educational books on families and parenting, including most recently *Parents and Digital Technology, raising the connected generation*, written with child psychologist John Coleman. She is agony aunt for Woman magazine, and was seen guiding five families through their family dilemmas on the major BBC1 series, *Stepfamilies*.

This seminar will be suitable for all parents, step-parents, grandparents and guardians/carers of children, teenagers and young people.

“Early bird” price by 7th January: £35, or after £45. Includes refreshments but not lunch or parking.

Numbers will be limited to ensure maximum benefits for participants on the day.

Venue: White Horse Bookshop (workshop studio), 136 High Street, Marlborough, SN8 1HN

Please BOOK ONLINE: www.wendybramham.co.uk (seminars tab)

Contact: seminars@wendybramham.co.uk or phone 07464 783446

