

Small changes, big differences.



Triple P, Positive Parenting seminar (for parents of children 0-12 years)

Helping Children Develop Healthy Screentime Habits

The session will cover:

- Reasonable amount of screentime
- Why do screentime problems happen
- Teaching healthy screentime habits
- Managing conflict over screentime

Date: Wednesday 26th November 2025

Time: 9.15 am

Venue: Christ Church Primary School **Porta
Cabin**

Presenter: Chantelle Longden

No need to book, please just turn up.

www.triplep-parenting.net