

Education Wellbeing Service Webinar

Managing screen time and social media Y5 and Y6

Screens are everywhere! How can you set healthy, age-appropriate screen limits for your child, and what does the evidence say about screen use and their mental health?

In this workshop, you'll:

- Bust myths and learn the science of children's screen time
- Get practical tips for clear boundaries
- Discover strategies to support your child's wellbeing online and off

Find the right balance for your family!

Education
Wellbeing
Service



DATE / TIME

Tuesday 3rd June
12.30-1.30pm



Scan the
QR code
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LOCATION

Online - Hosted on Teams

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wellbeinginschoolsevents@swlstg.nhs.uk

DATE / TIME

Thursday 5th June
7.30-8.30pm



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