

CARE AND SUPPORT FOR FAMILIES



A Conversation for Families about Digital Wellbeing and Mental Health

Creating a healthy balance and boundary can be challenging when it comes to our children and their time spent on technology.

Dr. Kristy Goodwin, Digital Wellbeing and Productivity Researcher, provides families like ours some practical solutions to our everyday concerns and challenges around our kids' use of screens and their mental health.

我们的孩子应该花多少时间在科技产品上？我们如何设定界限，避免产生冲突？数字健康与生产力研究员克里斯蒂·古德温博士为我们这样的家庭提供了一些实用的解决方案，以应对我们日常在孩子使用屏幕及其心理健康方面所面临的担忧和挑战。

Online Session- Wednesday, December 10, 2025
10:00 am to 11:30 am

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