

# TECHNOLOGY AND YOUR KIDS - WHAT YOU NEED TO KNOW

Dr John Irvine - one of Australia's most respected child psychologists - heads a vital talk for parents

*Erina Heights Public School P&C Association is proud to present this exclusive event for EHPS and Terrigal PS parents of 5-13yr olds. Featuring child psychologist **Jaye Bloffwitch** and exercise physiologist **James Cummins**, this informative talk will help you navigate the sometimes baffling realm of kids and technology.*

- **Guiding your child to use technology in a healthy, positive way**
  - The hidden dangers of technology
  - Is your child using it *too* much?
  - How to get your child more active
  - Social media - when is it OK?
    - Cyber bullying
- **Plus loads of tips and strategies to arm and empower parents - and to keep your child in good mental and emotional health**

**Wednesday, September 9, 2015**

**6.45pm for 7pm start**

**Erina Heights Public School Hall**

**Admission: \$10**

*Funds raised will go to the Larauza family whose children attend EHPS and are undergoing burns treatment  
<https://www.mycause.com.au/page/108511/amalka-and-oliver>*

**TO PURCHASE YOUR TICKETS FOR THIS EXCLUSIVE, LIMITED-TICKET EVENT, GO TO:**

<http://www.trybooking.com/155362>

**SPEAKERS: Dr John Irvine - Child psychologist** - Dr John is co-founder of the R.E.A.D. Clinic. His wealth of experience and down-to-earth approach makes him a sought-after speaker on child mental health - and he's an EHPS grandparent.

**Jaye Bloffwitch - Child psychologist** - Jaye's sensitive approach and expertise make her an integral part of the R.E.A.D. Clinic team. She's currently completing her Psychology Masters focusing on bullying - and she's a former EHPS student.

**James Cummins - Exercise physiologist** - With his trademark enthusiasm, James is a R.E.A.D. Clinic consultant who works to improve children's health and wellbeing through exercise - and he's married to a former EHPS student!

