



Family Matters @ Chung Cheng High School (Main)

FAMILYmatters
@ school

Parenting workshop “Topic: The Art & Science of Parenting in the Digital Age”



Date: Saturday, 24th March 2018

Venue: Chung Cheng High School (Main)

Time: 9.30 am – 12.30 pm

Fees: FOC (All costs fully borne by Family Matters @ School)

Note: Light refreshment will be provided.

Synopsis

Parenting Programme for Cyber Wellness (The Art & Science of Parenting in the Digital Age)

This workshop presents the latest research on cyber wellness and parental mediation. Parents discover why youths are so motivated to dwell in cyberspace. Parents also learn how social media and video games drive usage patterns, and how they may sometimes work against cyber wellness. Parents will also explore the various approaches to mediate in their child's use of technology. They will gain practical ideas to help teenagers self-regulate and avoid problematic use of the video games & social media.

The workshop combines science and practical parenting wisdom to deliver the following:

1. Learn to speak to teenagers about multitasking & distractions from social media
2. Gain ideas to engage their children on social media & video games
3. Support & encourage teenagers with real life pursuits
4. Adjust for the right mix of regulation and autonomy for your child's development

Profile of speaker (Mr Poh Yeang Cherng)

Mr. Poh Yeang Cherng is Director and Principal Consultant at Kingmaker Consultancy Pte Ltd. He is a pioneer of the Cyber Wellness movement in Singapore and has served on the National Internet Advisory Committee's Cyber Wellness Task Force (2002- 2005). He set up Singapore's first Cyber Wellness Centre in 2006 and has consulted for similar efforts in Malaysia. He was also directly involved in developing a body of cyber wellness values, ethics and best practices, to promote cyber wellness at the national level.

To sign up for this parenting talk, please register via <https://goo.gl/GpBJjQ> OR SMS the names of parents and the name & class of your child to our FamilyMatters@School Coordinator, Mdm Eileen Tay. Her contact number is: 9862 2644

