The Australian Council on Children and the Media
presents:

Daytime Nighttime Screentime
Getting the balance right!
a presentation for parents and all who work with or care for children (toddlers to teens)

7.30-9:30 pm Monday 11 November, 2013

Cowandilla Primary School
21 Jenkins Street, Cowandilla SA, 5033

Dr Kate Highfield, Macquarie University, NSW
Pocket Games and Media - benefits and concerns regarding mobile technologies
This session explores children’s use of mobile technologies, such as iPads and smart phones, and focuses on potential benefits and real concerns about these tools. Suggestions for appropriate apps and strategies for using these devices will be given.

Dr Sarah Blunden, Head of Paediatric Sleep Research, Appleton Institute, Central Queensland University
The Hour before Bedtime
This session explores the relationship between media usage, healthy sleep and their cumulative effects on children’s wellbeing, behaviour and school performance.

Tickets $20.00
Bookings online at: www.trybooking.com/DUDZ
Attendance certificates available
For more information visit http://www.childrenandmedia.org.au or contact
admin@childrenandmedia.org.au or PH 08 8376 2111

Supported by:
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21 Jenkins Street
Cowandilla SA 5033

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