

Suggested Messaging - Option 1

It's easy to feel overwhelmed as a parent in our digital age, navigating challenges around screen-time, smartphones, and social media with our children.

That's why we're inviting you to sign up for a free online course for parents, carers, and grandparents, created by award-winning author and tech-parenting expert, Daniel Sih.

You can access the course here: www.raisinghumans.au/cen

Topics Covered:

The "Raising Tech-Healthy Humans" series includes fifteen short, encouraging videos exploring a range of parenting topics:

- How do I encourage healthy screen-time limits?
- What is the impact of interactive media on my child's developing brain?
- When and how should I give my child a smartphone?
- How is our technology use a discipleship issue?
- What is the impact of social media on a child's mental health?
- How do I engage in relationship-forming tech-conversations?
- What can I do to get my kids outdoors to have fun?
- How do we support each other to make healthy tech-decisions as a community?

We Invite You To:

- a) Sign up and watch the videos at: www.raisinghumans.au/cen
- b) Share insights and discuss what you learn from the videos with others in our community.

Our aim is to bolster the health and wellbeing of families and encourage them, in Daniel's words, "to raise faithful, loving, tech-healthy humans as a community."

Note:

As this is typically a paid course, Daniel Sih has asked that we refrain from sharing the sign-up link on public social media platforms.

However, feel free to invite friends within your relational circles to benefit from these resources, which are suitable for individuals who are just exploring Christian faith.

RAISING TECH-HEALTHY HUMANS

Suggested Messaging - Option 2

Are you a parent or carer navigating the challenges of raising children in the digital age? Do you have questions about screen-time limits, social media, phones, and other aspects of digital parenting?

In today's world, technology is central to our children's lives, offering both opportunities and challenges. It's crucial to approach digital parenting with intentionality, guiding our children in faith-filled ways.

As such, we're introducing an online course for parents called "Raising Tech-Healthy Humans," in partnership with Daniel Sih from Spacemakers.

Daniel Sih is an award-winning parenting author and TEDx speaker, providing valuable insights for parents with younger children to pre-teens, helping them make wise tech-decisions.

"Raising Tech-Healthy Humans" is offered complimentary to families at [Your Organisation].

There are fifteen short, interesting videos covering a range of tech-healthy parenting topics such as:

- How do I encourage healthy screen-time limits?
- What is the impact of interactive media on my child's developing brain?
- When and how should I give my child a smartphone?
- How is our technology use a discipleship issue?
- What is the impact of social media on a child's mental health?
- How do I engage in relationship-forming tech-conversations?
- What can I do to get my kids outdoors to have fun?
- How do we support each other to make healthy tech-decisions as a community?

Each video includes discussion questions for parents to explore together, along with supportive resources such as digital contracts, infographics, and parenting checklists.

We invite parents, carers, and grandparents to:

- a) Sign up and watch the video series at: www.raisinghumans.au/cen
- b) Watch together in small groups to foster community and discussion around these questions.

As this is typically a paid course, Daniel Sih has asked that we refrain from sharing the sign-up link on public social media platforms. However, feel free to invite friends within your relational circles to benefit from these resources, which are suitable for individuals who are just exploring Christian faith.

Need additional support?

Thanks for helping us share this valuable content with more parents in an effort to raise happy, healthy, faith-filled children. If you need any further information or support, please contact us at hello@spacemakers.au