



# NAVIGATING THE DIGITAL JUNGLE

## TRAINING & POWER HOURS FOR PROFESSIONALS

Helping You Support Families with Screen Time & Digital Wellbeing

### OVERVIEW

Children today are growing up surrounded by screens. As a professional, you play a vital role in supporting families to build healthy digital habits. These interactive Power Hours provide **practical scripts, strategies, and resources** so you can confidently guide parents, pupils, and carers in balancing technology with wellbeing.

### WHO IT IS FOR?

Each Power Hour is tailored to your role, giving you sector-specific strategies, scripts, and tools to confidently support the families and children you work with.

- **Early Years Practitioners**
- **Health Visitors**
- **Speech & Language Therapists**
- **Teachers and Educators**

### FORMATS AVAILABLE

- **60-Minute Power Hours:**  
Focused, interactive sessions
- **Custom Training Packages:**  
Tailored for teams & organisations

### GET IN TOUCH

Have questions or want to book a session? Sue would be delighted to discuss how these Power Hours can be tailored to your team's needs.

### TAILORED POWER HOURS

#### Early Years Practitioners

- Support babies & toddlers' development by addressing early screen use. Learn sensitive scripts & strategies to guide families from infancy.

#### Health Visitors

- Provide guidance on digital habits during pregnancy and early childhood. Learn resources and scripts to support families in promoting wellbeing and healthy child development.

#### Speech & Language Therapists

- Understand how screen time impacts communication. Gain evidence-based insights, scripts & tools to help families build balance.

#### Teachers and Educators

- Address digital challenges that impact focus, behaviour, and wellbeing in school. Gain strategies and scripts to engage pupils and parents in creating balanced screen habits.



**SUE ATKINS**

Parenting Expert, Broadcaster & Author



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**BOOK A POWER HOUR**