

Dr Aric Sigman Parents Lecture

6pm Wednesday 18 April

Thanks to an initiative by the Friends of Elizabeth College, we are delighted to confirm that Dr Aric Sigman will be visiting College to speak to parents in St James on the issue of **“Managing Screen Time & Preventing Screen Dependency in Children”**. He comes highly recommended, has spoken all over the world from the Houses of Parliament to the European Union; we strongly encourage you to make a date in your diary to hear about this important issue with which the majority of parents are grappling for answers and seeking advice.

Be it Instagram, Snapchat, the Internet, TV or computer games, screen time has become a *medical* issue. The disproportionate amount of discretionary screen time consumed by children is increasingly linked with risks to their wellbeing. Dr Sigman will address:

- How much and what type of electronic media children should be using before and after school hours, and at what ages.
- What ‘multi-tasking’ does to children’s minds & brains.
- What parents and schools can do to prevent problems and improve matters.
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He will also be giving the Principals’ Lecture to Sixth Formers at 7.30pm on Wednesday evening and speaking to pupils during Thursday morning.

<http://www.aricsigman.com/>