

# digital parenting power hour



## Digital Parenting Power Hour

Book a 1-hour strategy session with the Digital Parenting Coach via Skype to get individualized help on the digital parenting issues that affect your family and prevent your children from enjoying the benefits of the internet while avoiding the risks.

The Power Hour is designed to get you unstuck and on your way to digital parenting confidence. My underlying working belief is that even if you are not a technology-sophisticated parent, you still have all the necessary skills to parent your child in Internet safety and responsibility.

## How does it work?

- You book the session via my booking link where you can choose a time that suits you.
- I will send you a questionnaire to fill in so that I can prepare for the consultation and have resources and tip sheets ready for you in advance.
- We have our 1-hour session via Skype or telephone.
- Afterwards, I will send you a summary of our session and any resources that have been discussed.
- A complementary 15 minute call two weeks later to discuss your progress.

## What will you get out of the Power Hour?

- Specific strategies and resources to deal with the issue at hand, tailored to your circumstances and family dynamics.
- Best practices in digital parenting techniques to increase your confidence when dealing with specific issues.
- Tips on how to stay positive about your child's online activities and advice on concrete changes that you can make to increase online safety.
- Empowerment to deal with any scenario relevant to your situation, without panic, because you either have the response in your tool box or you now know where to get it quickly.
- Advice on how to be a digital role model for your children.

## Examples of tools you will receive depending on the issue at hand, in addition to the session summary

- List of Internet safety tools and parental control software.
- Research outcomes and analysis of internet trends spelled out in parent-friendly language.
- Safety measures on preserving your child's digital reputation and identity.
- Emergency contact numbers in France, the United States and the United Kingdom if you experience an online incident.

## Here are some popular topics as an example of what we can work on and get results in just one hour:

- Discussing ways to open a line of communication with your child.
- Creating a family media agreement template that will work for the whole family.
- Determining which parental control software, apps or tools would best suit your needs.
- Strategies for awareness, prevention and reporting of cyberbullying.

## Digital Parenting Power Hour fees - 2018

one 1-hour session : 80€ (V.A.T. Included)

## *want to book a power hour?*

Head over to my booking link at <https://calendly.com/digiparentcoach> and pick a time.

Contact me at [Elizabeth@digitalparentingcoach.com](mailto:Elizabeth@digitalparentingcoach.com) if you have any additional questions.

## CONTACT INFORMATION

Send me an email at [Elizabeth@digitalparentingcoach.com](mailto:Elizabeth@digitalparentingcoach.com).

Watch my two-minute tutorials on my YouTube channel: [@digiparentcoach](https://www.youtube.com/@digiparentcoach).

Reach out to me on social media :

     [@digiparentcoach](https://www.instagram.com/digiparentcoach).

Join me in the private Facebook group **The Digital Parenting Community**.

Subscribe to the newsletter at [digitalparentingcoach.com](https://digitalparentingcoach.com).

Want exclusive content? Join the private membership group **Digital Parenting Champions**.

