

# digital parenting power pack



## Digital Parenting Power Pack

Imagine the Power Hour times three and there you have it - the Power Pack.

When you book this pack of three 1-hour Skype sessions, you receive a reduced rate as well as continued individual support on the digital parenting issues that affect your family and prevent your children from enjoying the benefits of the internet while avoiding the risks.

With more sessions, we can address digital parenting issues pertinent to your own children in more detail and over time.

You may be wondering, "Do you need to meet my children?" No, it is better for the parents to be the heroes of their own stories and my role is to empower the parents to do just that – behind the scenes.

## 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.
- We then plan our second session, at a minimum, one week later in order to give you time to implement your new strategies.
- Between the sessions you can email me for any clarifications you may require in implementing the strategy we discussed.

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

- Specific strategies and resources to deal with the issue at hand, tailored to your circumstances and family dynamics.
- Accountability and ongoing support over 3 sessions.

- 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 sessions summary

- Checklist for identifying screen balance issues.
- List of ideas and tools to use to discuss a sensitive issue with your child e.g. sexting.
- List of Internet safety tools and parental control software and implementation guides.
- Tip sheet with safety measures on preserving your child's digital reputation and identity.

## Here are some popular topics as an example of what we can work on and get results over 3 sessions:

- Screen Balance: how to identify screen time issues, communication strategies to restore balance, how to monitor use.
- Just found my teen sexting: how to approach the situation, communication strategies, measures to protect digital identity, dialogue with the other party/family, prevention tools for the future.
- What makes a good digital role model: audit your own digital habits, define healthy use of technology, set rules and boundaries, netiquette, digital detox.
- Identification and guided implementation of parental control software, apps or tools that best suit your needs.

## Digital Parenting Power Pack fees - 2018

Three 3-hour sessions : 200€ (V.A.T. Included)

## want to book a power pack?

Head over to my booking link at <https://calendly.com/digiparentcoach> and pick a time for the first session. 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](#).

Reach out to me on social media :

     [@digiparentcoach](#).

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

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

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

