

# Parenting in the Age of Distraction

Raise resilient, focused and connected kids



Wed 27th August

Time: 6:00 pm refreshments

Start: 6:15 pm - 7:30 pm

Register to watch together at MHOC - while Year 3/4 attend school disco

OR

Register and watch from home

## About the workshop

In our fast-paced world filled with screens and endless distractions, parenting has become a delicate balancing act.

**Parenting in the Age of Distraction** is a practical and engaging workshop designed specifically for parents of school-aged children. Although the digital space has impacted on our children's ability to focus and connect there are many other distractions vying for our children's attention.

**Parenting in the Age Of Distraction** provides a supportive space for parents to gain insights, share experiences, and develop a personalised toolkit for raising resilient, focused, and emotionally connected children in today's digital and distracting age.

## About Angela Lockwood

With over two decades of experience as an Occupational Therapist, Angela has immersed herself in the exploration of focus—examining how individuals think, learn, and interact with their surroundings, their work and their mindset.

As the author of "The Power of Conscious Choice" and "Switch Off: How to Find Calm in a Noisy World," Angela delved deeply into the intricacies of mindful decision-making and attention management. Her podcast, "Distracted," serves as an invaluable resource for those seeking clarity and strategies to thrive in the modern world.

## Themes covered

- Technology and its impact on childhood development
- Cultivating focus in kids
- Nurturing healthy habits
- Parental distraction and behaviour modelling
- Practical parenting strategies to raise resilient, confident and connected kids

# DISTRACTED

WITH  
Angela LOCKWOOD



Register  
here:



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[angelalockwood.com.au](http://angelalockwood.com.au)