

Dear Grade N - 3 Parents

Welcome back to Term 3. This is just an important invitation to invite you to an invaluable, empowering and not-to-be-missed Grade N - 3 Parent Talk by Pam Tudin, co-founder of Klikd, to be held on **Tuesday 28th July at 17:00 in the Jagger Hall at Bishops Prep School, Duke Road, Rondebosch.**



How to really manage your child's early device life ... so you get it right later!

Tuesday
17h00
28 July'26
Jagger Hall

"My son is already turning into a screen sloth"

By Pam Tudin
Clinical Psychologist and
Co-founder of Klikd

klikd

"But Mom... everyone else has a phone!"

"Just one more YouTube video!"

"Can I play games on your phone?"

If these conversations sound familiar, you're not alone.

Parenting young children in today's digital world can feel overwhelming. Knowing **when** to introduce a device, **how much** screen time is appropriate, and **how** to set healthy boundaries isn't always straightforward.

Join **Pam Tudin**, Clinical Psychologist and co-founder of **KLIKD**, for a practical, engaging talk: **"How to Really Manage My Child's Early Device Life."**

Designed specifically for parents of children aged **4–9 years**, this session will explore:

- When your child is truly ready for their first device.
- How much screen time is healthy at different ages.
- Practical ways to reduce daily power struggles around screens.

- How to create healthy digital habits from the start.
- Simple strategies to keep your child safer online.
- How to lay the foundation for responsible gaming and social media use long before they become part of your child's world.

You'll leave with evidence-based guidance, practical strategies, and ready-to-use scripts that you can implement immediately helping you raise confident, balanced children who develop a healthy relationship with technology from the very beginning.

Looking forward to seeing you all next Tuesday evening.

Kind regards

Taryn Bain

Head of Pre-Prep