

Let's make digital parenting
a child's play!

CYTIZEN

WORKSHOPS IN COMPANIES

Investing in digital parenting: an asset for your employees and
your company!

In a hyper-connected world, supporting children in their use of digital technology is essential. Understanding their digital practices and establishing the right balance regarding the use of screens in the family sphere allows parents to ease communication, strengthen harmony, and foster everyone's ability to disconnect.

workshops

The proposed topics aim to stimulate parents' reflection, offering them practical tools and guidance for family discussions.

- Technoference, congruence, and rituals: what role do screens play?
- Setting boundaries: for a harmonious family environment with screens.
- 7 keys for a balanced parenting approach in the digital age.
- The digital world of young people: moving beyond stereotypes and clichés to better support our children.
- Issues and challenges for children (and their parents) in the digital age.
- Between flow, algorithms, and my brain, claiming the right to disconnect.

for whom

Your employees who are also parents, future parents, or grandparents.

format

- 1-hour in-person format: presentation + Q&A
- Price: upon request
- Additional information available upon request

about



Aline, an anthropologist specializing in digital practices, addresses the challenges relating to the use of screens in the daily lives of young people and parents. She is the founder of CYTIZEN Parentalité Numérique. Offering **conferences** for parents, **workshops** in digital literacy for young people, parents, or families, as well as **family support**, Aline Durieu is a pioneer in digital parenting in Belgium, France, and Luxembourg. She also provides **training** for education and youth professionals.

contact

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They gave me their trust



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