

C 078 (2025-26)

To

Parents of Wholeschool learners

Ref- Invitation to attend - Values-Based Parenting in the Digital Era by Ms. Toral Shah

Dear Parents,

Parenting in today's fast-changing world can often feel overwhelming. With technology shaping our children's daily lives, how can we ensure they grow up with strong values, emotional resilience, and a sense of responsibility?

We are delighted to invite you to our **first Parenting Workshop** of the year, scheduled as follows:

Date: 10th September 2025

Time: 9:15 am

Venue: Theatre Cafe, Yogi Mansion

This **interactive workshop** is specially designed to guide parents in nurturing children with timeless values while navigating the challenges and opportunities of the digital age.

Key Highlights:

- Understanding the impact of the digital world on children's behaviour and mindset
- Practical strategies to instil values such as respect, empathy, responsibility, and integrity
- Building healthy screen-time habits and mindful digital engagement
- Strengthening parent-child communication in a tech-driven world
- Creating a family environment rooted in trust, love, and balance

Takeaway:

Parents will gain **actionable insights, reflective activities, and renewed confidence** in guiding their children to thrive—not just digitally, but also emotionally, socially, and mindfully.

Please RSVP [here](#) if you would like to attend this enriching session especially curated for you.

In view of the arrangements being made by the school for this workshop, we sincerely request parents to confirm only if they are able to attend, as your presence is highly valued.

We look forward to your enthusiastic participation in this meaningful session.

Together, let's empower our children with the right balance of values and digital wisdom.

Warm Regards,

The Management Team
JBCN International School, Parel