



How much screen time should you let your kids have? How do you talk to your teenager about sex? What can you do when your kid throws a tantrum?

Join one of Australia's favourite parenting authors and educators Maggie Dent on Parental As Anything, to get tips and answers to your real-world parenting dilemmas.

Maggie talks to parenting experts from around the world to find practical solutions to the challenges every parent is facing today.

She'll help you be the parent you really want to be and give you ideas on how you can raise healthy boys and girls who thrive.

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Presented by Maggie Dent

Maggie Dent is one of Australia's pre-eminent and much-loved parenting authors and educators. She's an advocate for kids and parents alike and is known for her common-sense approach to parenting.

The first 4 or a 10 part series are available now:

Introducing — Parental As Anything One of Australia's favourite parenting authors and educators Maggie Dent gives you tips and answers to your real-world parenting dilemmas — screen time, tantrums, building resilience, homework and more

Play — why it's vital for kids Building cubbies, make-believe, dressing up - while it might just look like fun and games, play is actually crucial for your child's development. The problem is, as Australian kids spend more time at school, on their screens and in structured activities, they're not playing enough. Maggie Dent talks with expert Robyn Monro Miller about why kids of all ages need to play more. Plus, Bluey creator Joe Brumm chats about why play is the key to the success of Australia's most loved family of cartoon dogs

Extracurricular activities — are your kids doing too many or not enough? Football, dance, art classes, karate and scouts. The extracurricular activities your kids can do are endless. But with so many on offer, are you getting the balance right? Maggie Dent talks with Positive Schools creator Dr Helen Street about the pros and cons of extracurricular activities for your children

Screen time Research shows Australian kids spend a third of their day in front of a screen. What's that doing to them? How much is too much? And how do we deal with a techno tantrum? Maggie talks to digital wellbeing expert Dr Kristy Goodwin to find out how we can best raise our kids in the digital age.