

## ***5 Instagram accounts every parent should be following***

These days, Instagram seems to feature a lot more filter, celebrities, and sponsored content. It can be hard to sift through the noise and find genuine, rich content that will add something to your life.

However, Instagram can be a really wonderful source of information, inspiration, and advice for parents, you just need to know where to look.

Check out these five Instagram accounts full of sage advice, relatable moments, and feel-good funnies to brighten your day.

### **Maggie Dent ([maggiedentauthor](#))**

Known for her work as a parenting and resilience specialist, Maggie Dent is an author and educator with a particular interest in the early years and adolescence. Commonly known as the “queen of common sense” she is also an undisputed 'boy champion'.

Maggie’s Instagram page offers handy insights and bites of parenting advice along with information on her upcoming courses for parents. She also throws in the off fun and relatable meme that will have you nodding your head with joy.

### **Dr. Justin Coulson ([drjustincoulson](#))**

Father to six girls, Dr. Justin Coulson is a well-renowned parenting author and speaker. You may also recognise his face as co-host of the TV series Parental Guidance.

From tips and tricks on a variety of topics including online safety and building positive relationships, Justin’s work and Instagram page is all about family... because nothing matters more.

### **Dr. Kristy Goodwin ([drkristy](#))**

A digital wellbeing speaker and mum who admits to enduring techno-tantrums, Dr. Kristy Goodwin shares the science behind what people need to thrive in the digital world.

Sharing anything from healthy social media habits to tips for falling asleep sans devices, this Instagram account will help you digitally detox and create a healthier and stronger sense of digital wellbeing.

**Digital Nutrition by Jocelyn Brewer ([digital\\_nutrition](#))**

Psychologist and teacher, Jocelyn is all about mind care for humankind, helping individuals and organisations be well connected and mentally fit.

On her Instagram page, Jocelyn shares savvy skills for creating better digital wellbeing and how to stay human when online, something your kids could learn from too.

**Amanda Stokes ([raisingresilientkids](#))**

Facilitator, speaker, and author, Amanda runs emotion coaching masterclasses, parenting programs, and popular book *The Tween Mother's Tool Book: Raising Strong Daughters*.

Placing an emphasis on wellbeing and parenting tips as well as habits and words to live by, the Raising Resilient Kids Instagram page offers a plethora of information that you can apply to real life, today.

As your School, we are always here to support you and we encourage you to come to us with questions or concerns you may have on this topic.