

SAFER INTERNET DAY 2023

“WANT TO TALK ABOUT IT? MAKING SPACE FOR
CONVERSATIONS ABOUT LIFE ONLINE”

TIP 1 - HAVE A CHAT!

Ask your little one what they like to do on their tablet. Spend some time together exploring and familiarise yourself with the apps and websites they interact with. In nursery, children are aware of our golden rules when using the iPads. This is something you can extend to your own house, setting rules such as asking permission before downloading new apps and speaking to an adult if they see anything upsetting.

TIP 2 - PARENTAL CONTROLS & FINDING A BALANCE

No matter what device your child may have access to whether it be an iPad or Android tablet, each device has various parental controls which you can access in your device settings. Apps such as Disney+, Netflix and YouTube all have settings which limit the time of content your child can view. Instead of YouTube, you can use YouTube Kids which will ensure all videos are age appropriate. The recommended screen time for a child aged 2-5 years old is a maximum of 1 hour a day with parental supervision.

TIP 3 - NO SCREEN-TIME AT BEDTIME

Just like us children need time to wind down after a busy day. The screen light from digital devices such as iPads and phones can easily stimulate a child and make it harder for them to fall asleep. Maybe try winding down by reading a book together, this can not only strengthen your bond but can also soothe if unsettled. Of course each household is different, therefore find out what works best for your family.