



Age Appropriate Advice

0-5 Years Old



Spend time with your child online.

Understand how your child uses the internet and what platforms and devices they prefer to use. By doing this you can both spend quality time online and additionally you can comprehend how to use the platform and recognise their behaviour. By recognising their behaviour pattern, you can then identify if they show any signs of distress whilst using the device or platform. Additionally, you can then understand how the parental controls work and how to protect your child.



Supervision.

If you have a young child, we recommend that you supervise their online access. You may have seen this can now be done using apps for specific platforms and devices. Supervision can help your child from seeing something that may potentially upset them and keep them out of danger.



Talk.

Make sure your child knows that if they see anything that upsets them online that they should tell you. You can then block the site/delete the app and report the upsetting content. This is very important as other children who do not feel they could speak to an adult could potentially be saved by seeing this.



Boundaries.

Online and offline boundaries are very important in a child's development. By creating a family agreement. The agreement could include what apps they can use how long they spend online and what they should say or do if they feel unhappy or unsafe online.



Quantity vs Quality - Time spent online.

As we know children can be wholehearted and excited about most tasks they complete and sometimes unfortunately, they do not have the ability to assess the danger. This can be even more difficult online. Quantity of time v quality does not necessarily mean spending less time online however it could be used for more educational, fitness or wellbeing platforms. Using a family agreement can help your child spend more quality time on digital devices resulting in all round better mental and physical wellbeing. The agreement incorporates the steps we recommend above and could assist with this as they can then adhere to the rules that have been set by yourselves.