

6 Top Tips For Keeping Children Safe Online

Children within the Early Years are using digital devices and the internet more and more and whilst research shows that screen time has both positive and negative outcomes for a child's development, it can present challenges for parents and carers.

Here are some ways that parents and carers can keep children safe while online.

1.

Set up parental controls across all family devices and accounts and turn on safety settings on your home WiFi.

2.

It is recommended that children under 5 are supervised by a parent or carer while they use technology.

3.

It is important to talk about online safety with your child as soon as they begin to use digital devices. Talk about what to do if they access or see something that they feel uncomfortable about, who they can talk to and tell.

4.

Check the content of apps, games and videos. Ensure that the content is age appropriate for your child and development

5.

Turn 'autoplay' off so that you are in control of what is being played to your child.

6.

Establish healthy habits from a young age. Put boundaries in place for screen time i.e. age appropriate time limits.

The following websites have further information and guidance on how to keep your children safe online :

* www.nspcc.org.uk/keeping-children-safe/online-safety

* www.gov.uk (support for parents and carers to keep children safe online)

* www.internetmatters.org/advice/0-5