



Early Years E-Safety

September 2022

On average 3-4-year olds spend over 6 hours online a week, with 54% of this age group having their own device.

There are many positives to the on-line world, however it is also important that parents understand the potential risks for our youngest children.



Read the guide below for some tips.

Useful websites to support at home

Parent Zone: A parenting organisation to support families navigate the on-line world.

<https://parentzone.org.uk/>

Internet Matters: An excellent website with guides and advice for children of all ages.

<https://www.internetmatters.org/advice/>

NSPCC: Guides on how to set parental controls and have conversations with children about their safety.

<https://www.nspcc.org.uk/keeping-children-safe/onlinesafety/>

Think U Know: A platform to contact professionals should you have concerns for your child's safety on-line.

<https://www.thinkuknow.co.uk/>

Guide to managing children's screen time

internet
matters.org

Effect on behaviour

Constant use of a device and features like auto-play on platforms can be habit forming and encourage children to spend longer on screens



Effect on sleep

Blue light from phones can trick the brain into thinking it's still daylight making it difficult to sleep



Effect on the brain

Screens can have a drug-like effect on the children's brains which can make them more anxious

It can make children more forgetful as they rely on things like Google, GPS and calendar alerts to look up information

What are the benefits?

- Gives children access to a **wealth of information** to build their knowledge
- Technology **takes away physical barriers** to social connections to make children less isolated
- Exposure to tech has proven to **improve children's learning** and development
- Online games and activities **enhance teamwork and creativity**

10 tips to get in control with your child's screen time

1. Set a good example with your own device use
2. Have **discussions about the risks** that they may face based on their online activities
3. Put in place a **family agreement** and agree an appropriate length of time they can use their device
4. Help them build **critical thinking** to understand that some features on platforms are design to keep you watching or playing
5. Encourage them to **switch off auto-play** on platform to remove the temptation to binge on programmes
6. Use **tech tools** and parental control to manage the time they spend online and the apps they use
7. Get the **whole family to unplug** and create 'screen free' zones at home
8. Together find apps, site and games that will help children **explore their passions** and make screen time active
9. For younger children find ways to **combine touch screen use** with creative and active play
10. Encourage children to **self-regulate** the time they spend online and the activity they do to ensure they are having a positive impact on their wellbeing