



Supporting Pre-schoolers online



Parents / Carers keep your children safe online

Pre School - 0-5s online safety

Checklist: Supporting 0-5-year-olds online

Explore together

Talk to your child about what the internet is and **explore it together** so you can show them all the great fun and educational things they can do. Reassure them that if they see anything upsetting, they should come and talk to you.



Be involved

Encourage them to **use devices in the same room as you** so you can keep an eye on how they're using the internet. Stay inquisitive about what they are doing and encourage them to share their enjoyment with you.



Put yourself in control.

YOU! are responsible for your child's safety online.

Activate parental controls on your home broadband. Most Internet-enabled devices also offer parental controls. For example, [Microsoft Windows](#), [Apple iOS](#), and [Google's Android](#) all offer ways to control the apps and sites your child can visit. These controls can also keep them from seeing inappropriate videos and other content. Even at this age, have conversations about what personal information is and how it's important to keep it to themselves. While they're unlikely to speak with strangers online, it's good to start these conversations early. That way, if something happens that asks for personal information, they know to get help from you.

Search safely

If you let your child search independently, make sure safe search settings are activated on [Google](#) and other search engines or set the default to one designed especially for children.

Use passwords

Keep your devices out of reach and set passwords on all your internet-enabled devices and don't share them. Then you'll know when and where your child is accessing the internet. Also, use passwords to make sure they're not making additional purchases when they're playing games or using apps.

Use age-appropriate sites and apps

Choose safe, fun and educational sites and apps for your child. Use age ratings in the app stores to **check suitability**. Make use of video, learning and gaming platforms and services designed with children in mind.

Set boundaries

It's never too early to start setting boundaries. **Set some rules** about how they use connected technology, including which apps and sites they can use and how long they can spend on them.

Screen addiction is
real
Online grooming is
real

54%
of 3-4-year-old
have their own device

Pre school children
are on online for an
average of 71 minutes
a day

47% of parents and
carers said their child
spends too much time
in front of a screen

Too much screen time
can impact on a child's
ability to lead a
healthy life.

Implementing rules around devices and screen time in the home helps your child not only to follow rules, but it keeps them safe from online predators, bullying, inappropriate content.

Things to think about

- . Implement family rules around the devices
- . Think about the amount of time spent on devices.
- . Do not allow devices in their bedrooms, family area only
- . Set up parental controls
- . Always have your child's password
- . Research applications and make sure they are age appropriate.

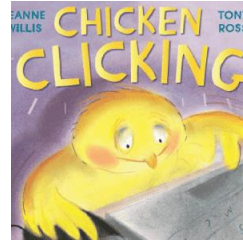
Apps to encourage learning, creativity, and development

See useful links below



Smartie the penguin

books

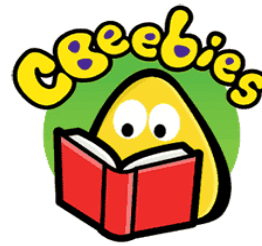


Online safety story



Fisher Price apps

app



Cbeebies Storytime



Sky kids app

4-7 years



Jessie and friends

Useful Links for support and advice

www.internetmatters.org/advice/0-5/#together

www.childnet.com

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

www.nationalonlinesafety.com

Every family will have their own approach to staying safe online but try to talk regularly with your kids about what they've been doing online. Encourage them to come to you immediately with anything that makes them feel uncomfortable and know how to block content or report things on websites. As a parent, the most important thing is to set a good example, and show your children what safe sharing looks like.

Age 4 and under the internet can be a fantastic learning resource, with games and apps to help develop your child's memory and speech, as well as explore their creativity and keep them entertained. Online time should be family time though. Always accompany your child online and protect your devices with passwords so that they can't access them accidentally.

Age 5-7 'Proper' social networks will still be off-limits, but social games such as Disney's Club Penguin are a great way for your kids to dip a toe in the water, with parental supervision. Just keep an eye on in-app purchases, set clear boundaries for use and start talking about staying safe and what to do if they have a concern.

Age 8-11 Social networks will start to come onto the radar but try to resist for now. Facebook doesn't allow users younger than 13 to join. You may also be thinking about your child's first phone or tablet. Research the device and look at the security on it so parental controls can be put in place as well as passwords.

Age 12-15 Children are legally allowed to use most social networks at 13. Discuss what's safe to share and help set up their account by holding passwords and talking about parental controls. Follow or friend them on the applications, however they will also want some independence, so talk regularly about what they're doing online and who they're chatting to so they know they can come to you if something goes wrong.

Age 16+ Your teenager will no doubt be a social networking pro by now and may well be experimenting with internet dating and meeting new people online, respect their space, as you would in real life, however, keep chatting openly to them about their social networking, keeping safe, sharing information safely, and within the law, this way you can check they're sharing information wisely.