

Cyber Savvy Top Tips



Avoid digital media use (except video-chatting) in children younger than 18-24 months*.

Talk with your children from a young age about their use of technology. Be interested and involved so these conversations form a natural part of family discussions into the future.

Don't feel pressured to introduce technology early. Technology is so intuitive that children will work out how to use technology easily when they are older*.

For children 2-5 years of age, limit screen use to 1 hour per day of high quality programming that improves cognitive (thinking, understanding and learning), literacy (reading and writing) and social outcomes for children. It is not only important to limit how long children use technology but it is also about making sure what they are viewing is of high quality*.

Keep computers in areas of your house where everyone has access and where you can easily see the screen. Remember laptops, mobile phones, games and other forms of technology can be connected anywhere in your home if you have wireless access, even bedrooms and bathrooms! **Turn off televisions and other devices when not in use.**

Visit cyber space yourself. Stay as updated as you can. Ask your children where they are having fun in cyber space and try it yourself. Model appropriate use of technology. Ask your children to show you how to get help in each of the online places they like to spend time.

Keep technology out of bedrooms after bedtime. Sleep is essential for growing bodies. Help your child to establish a good sleep routine uninterrupted by devices. Avoid screens an hour before bedtime*.

Avoid using media as the only way to calm your children*.

For all young children, treat online devices like a book. If they would like to use the technology, sit with your children and help them understand what they are viewing. **Avoid solo media use in children 18-24 months*.**

Set parental controls. Setting parental controls on devices helps monitor and limit what your child does online. For instructions to set parental controls on a range of devices, head to www.cybersavvy.com.au/family/parental_controls

**Source: American Academy of Pediatrics Media and Young Minds Policy Statement, March 2017*

