

Short  
guide for  
parents & carers

# YOUNG CHILDREN and screen Time

– a good start



## Use digital devices together



- Get involved in your child's online activities. Have fun, play games and learn together online, just as you would in the physical world. It will then be natural for your child to turn to you if they experience anything upsetting online.
- Talk about what you experience online together – what is good and not so good, and why.

## Create clear family rules



- Family rules can help your child have a positive start to their digital life and get the most out of being online. Agree positive family rules together with your child. Should the family have designated screen-free times? How do adults spend time on media and digital devices?
- Which online services is your child allowed to use and which are not allowed? Will the same rules apply when your child is visiting friends or relatives?
- Consider the quality of time spent online, not only the amount of screen time. Is your child playing, learning, creating, interacting and socialising (online and in the physical world)? How is their health and wellbeing overall?



## Learn more about services, content, technology and age ratings

- Does your child have his/her own device or a shared family device? Different technologies have different settings. There may be safety settings for children's use.
- Test services/sites to ensure they are suitable for your child. Some websites, apps and services have a children's version. Check the age ratings for films, apps and games ('PEGI ratings').
- What kind of positive or negative content is there? Is there advertising? Can your child spend money online, download new games or communicate with other users?

## Be a positive role model

- How do you present yourself online? What does your digital footprint look like?
- Do you have the same or different rules for adults and children using digital devices?
- How do you talk about and to other people? Does it differ if you're at home, on the phone or online?
- Do you ask before you share photos of other adults or children?



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[saferinternet.org.uk](http://saferinternet.org.uk)



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Further advice and resources:  
[www.saferinternet.org.uk/parents](http://www.saferinternet.org.uk/parents)