

How to Help Tamariki Under 6 Stay Safe Online



1 Limit exposure

The best way to keep young children safe from technology is to

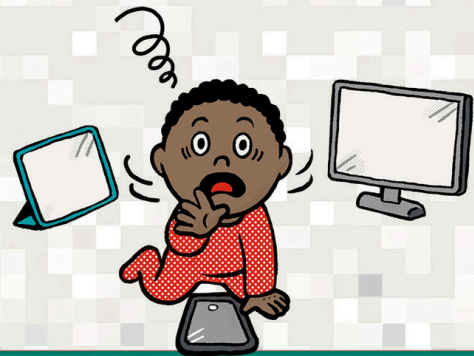
- avoid or delay introducing screen time for as long as possible
- prioritise face-to-face fun with babies and young children
- limit screen time as much as you can: they need you to learn and grow



2 Know before you go online

Research shows that

- babies cannot learn new words by watching videos: they learn by interacting with their carers
- the more babies are exposed to baby media, the fewer words they know
- too much screen time delays children's development in communication and problem solving, and can cause problems with attention



3 For babies under two

- the World Health Organisation recommends no screen time for children under two.
- talk, read and play with your baby to help them learn new words and improve their attention



4 To grow strong brains

- show your child love through your words and actions
- create a safe play space in your home with a variety of activities, books or soft toys



5 Boredom isn't always bad

- give your children something to play with or colour, or a snack to eat
- remember it is healthy for children to be bored sometimes and have to create their own fun
- it is easier to get children to stop using screens if you start the day with an offline activity



6 Online activities for over twos

If you want to introduce screen time for older children, check first that



- activities are age appropriate and the right pace for your child
- characters speak directly to the child, pausing to let the child respond

7 Set boundaries and stay engaged

- agree a routine before you switch on, and stick to it
- stay engaged with what your child is doing on a screen
- prioritise doing activities together, and talk about what you are doing



8 For older siblings

- delay and limit screen time as much as possible, especially if they have younger siblings.
- check that the content they are watching is safe for your younger child to watch with them too
- praise good offline behaviour to encourage good play habits



Save the Children