

HOW TO SUPPORT YOUR CHILD'S SOCIAL & EMOTIONAL WELL BEING

ACTION #5: HELP YOUR CHILD STAY TECHNOLOGY-SAFE

Birth-5 Years	6-10 Years	11-15 Years	16-18 Years	19-24 Years
<ul style="list-style-type: none"> • Monitor your own phone/screen use – you are their role model. • Experts advise no technology for this age group, particularly under 3. Children need interaction with people to grow and develop, and technology is typically not interactive. • If you have to use it, minimise it to as little as you can manage. Be aware of how much and when you use it – be careful to not let it creep up to a lot of use. • If using it as a learning tool, do it together to interact with your child. • If using technology for distraction, explore different ways e.g. colouring books, sticker books, squeaky toys, etc. • Model positive use of your own technology from this early age e.g. not checking your own phone during meals etc. • Don't let screens replace typical face-to-face time with your child e.g. at breast/bottle feeding time, at nappy changing time – keep these times face-to-face. • Be cautious of your child's images on 	<ul style="list-style-type: none"> • Monitor your own phone/screen use – you are their role model. • Phones are not recommended for this age group. If you have to, then get one without internet. • Know what your child is doing online - have conversations about it. • Try the games, social media, websites and apps your child is using so that you know what it's about. • Make yourself aware of risks online www.webwise.ie – this website makes it easier to understand. • Let your child know that it is ok to come to you about anything they may have seen online which has made them uncomfortable or curious. React with a curious interest to find out more, rather than a scolding tone which could close it down. • Agree with your child how they should behave online e.g.: Who they can interact with online Not sharing images Not making negative comments • Not giving identifying information • Things to watch out for are: - your child 	<ul style="list-style-type: none"> • Monitor your own phone/screen use – you are their role model. • Know what your child is doing online - have conversations about it. • Try the games, social media, websites and apps your child is using so that you know what it's about. • Make yourself aware of risks online www.webwise.ie – this website makes it easier to understand. • Let your child know that it is ok to come to you about anything they may have seen online which has made them uncomfortable or curious. React with a curious interest to find out more, rather than a scolding tone which could close it down. • Agree with your child your expectation of how they behave online e.g.: Who they can interact with online Not sharing pictures Not making negative comments Not giving identifying information • Things to watch out for are - your child having online friends not known to them in person; people not known to them asking to connect; friends asking for images. 	<ul style="list-style-type: none"> • Monitor your own phone/screen use – you are their role model. • Know what your child is doing online - have conversations about it. Be aware of trends among teenage use e.g. tinder for teens; impact of long term images online. Be alert to mood changes and respond. • Try the games, social media, websites and apps your child is using so that you know what it's about. • Make yourself aware of risks online www.webwise.ie – this website makes it easier to understand. • Let your child know that it is ok to come to you about anything they may have seen online which has made them uncomfortable or curious. React with a curious interest to find out more, rather than a scolding tone which could close it down. • Agree with your child your expectation of how they behave online e.g.: Who they can interact with online Not sharing images Not making negative comments Not giving identifying information 	<ul style="list-style-type: none"> • Your child is an adult now, but let them know that you are always there to talk things over. • Use WhatsApp/social media to enhance family communication.

<p>social media – think about their privacy when they are older, and be wary of children learning to link “likes” with their self-esteem. Celebrate their achievements face-to-face.</p>	<p>having online friends not known to them in person; people not known to them asking to connect; friends asking for images.</p> <ul style="list-style-type: none"> • Decide your time limits for devices and stick to it. • Agree times when screens are not allowed e.g. dinner time, bedtime, homework time. • Make all bedrooms technology free zones – including your own, to model positive technology use. • Be cautious of your child’s images on social media – think about their privacy when they are older, and be wary of children learning to want/need “likes” for good self-esteem. Celebrate their achievements face-to-face. 	<ul style="list-style-type: none"> • Decide your time limits for devices and stick to it. • Agree times when screens are not allowed e.g. dinner time, bedtime, homework time. • Make all bedrooms technology free zones – including your own to model positive technology use. • Be cautious of your child’s images on social media – think about their privacy when they are older, and be wary of children learning to want/need “likes” for good self-esteem. Celebrate their achievements face-to-face. 	<ul style="list-style-type: none"> • Things to watch out for are - your child having online friends not known to them in person; people not known to them asking to connect; friends asking for images. • Decide your time limits for devices and stick to it. • Agree times when screens are not allowed e.g. dinner time, bedtime, homework time. • Make all bedrooms technology free zones – including your own to model positive technology use. • Use WhatsApp/social media to enhance family communication. • Be cautious of your child’s images on social media – think about their privacy when they are older, and be wary of young people learning to want/need “likes” for good self-esteem. Celebrate their achievements face-to-face. 	
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Some helpful websites include:

- www.parenting24seven.ie
- www.helpmykidslearn.ie
- www.webwise.ie
- www.cybersafeireland.org