

KEEPING UNDER 5'S SAFE ONLINE

When should my kids start using technology?

The age your child begins using technology is entirely up to you but we advise you to learn more about the health risks associated with early use.

Australian guidelines for under 5's recommend children younger than 2 years spend no time viewing TV or other electronic media and for children 2-5 years less than 1 hour a day, [Link to guidelines](#)

Let's face it while these guidelines exist they may not reflect the current reality of screen use.



Increased screen time is something we all face and while Australian guidelines for screen time for kids was based on passive watching, the actual amount of screen time kids use is increasing rapidly. Take a look at the recent snapshot from the Office of the Children's e-Safety Commissioner on screen use: [Research insights](#)

Lots of kids start playing around online earlier than preschool years these days, but many parents wait until kids are in primary school to get them started.

What are some good guidelines to follow?

- Only use age-appropriate sites with high learning potential and not games.
- Bookmark favourite sites you have introduced your child too so they only go to the sites they are interested in
- Install parental controls so what they are accessing is appropriate
- Sit with kids so you can explain how you are navigating and what they seeing.
- Always have the device in an area where you are so you are able to see what they are doing
- Put a time limit on your sessions, instilling the idea of developing a balance to tech use early
- Avoid just-before-bed computer time as it can be stimulating and interrupt sleep.

Most important – Kids model their behaviour of tech from what they see and the boundaries around screen time that is the family norm. Setting up good family guidelines around tech use early very much helps in later years.

SOME GOOD ARTICLES:

- **Childnet International** infographic on where to start, what to be aware of and questions to discuss with your child: [keeping-under-fives-safe-online](#)