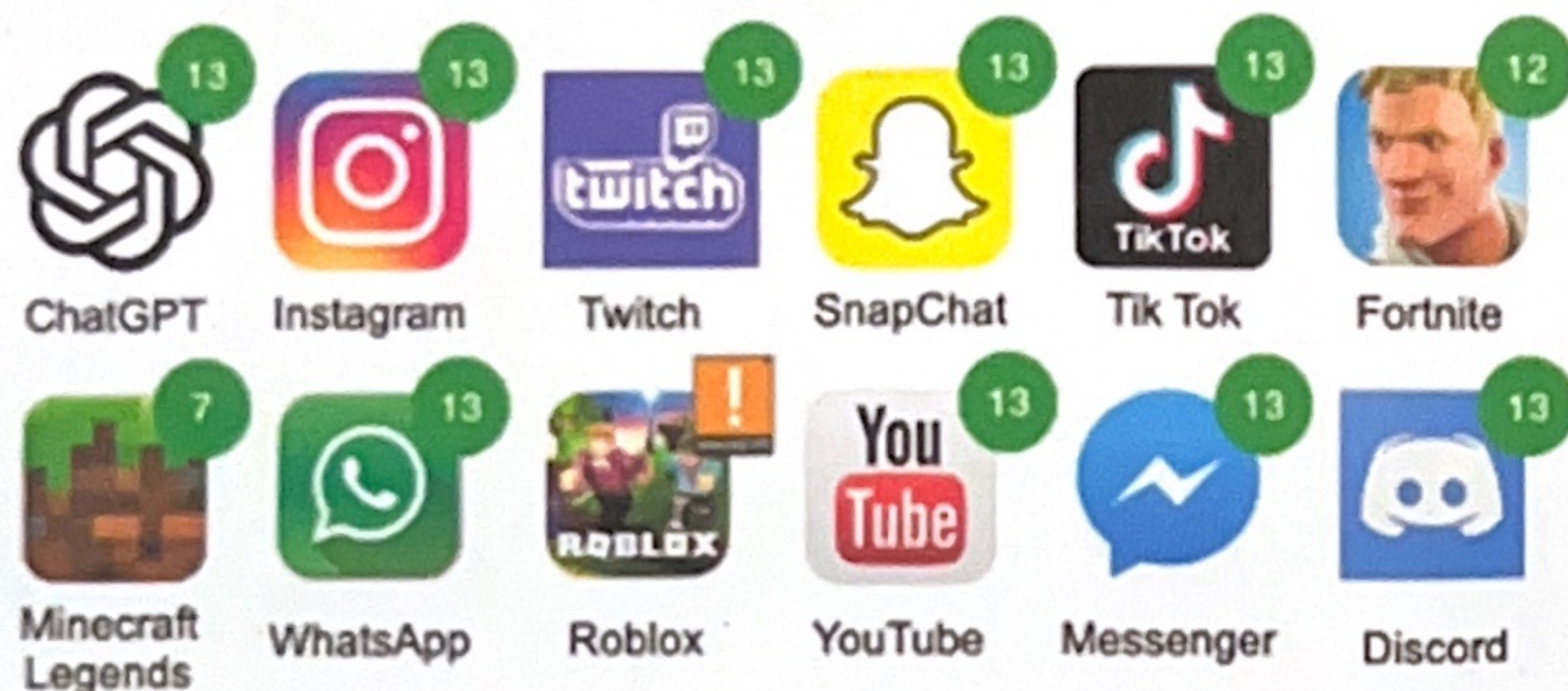


Online Safety in Early Years

Benefits to Screen Time in Early Years:

- Providing opportunities to promote creativity and learning
- Improving literacy and numeracy skills
- Encouraging language development
- Creating a greater understanding of their world
- Developing their digital skills



For users under 18, a parent or legal guardian's permission may be required to use the service

Downsides to Screen Time in Early Years:

- Impact their ability to control their emotions
- Impact how they deal with social interactions and activities
- Expose them to inappropriate content

World Health Organisation (WHO)

recommendations for screen time:

- Under 2's: screen time is not recommended including sedentary (watching tv or videos, playing computer games)
- 2 to 4-year-olds: sedentary screen time should be no more than 1 hour; less is better

Technology can be used safely and appropriately in Early Years settings and at home by using child safe apps and websites. Such websites and apps can include:

- Cosmic Kids Yoga: turning screen time into physical activity
- Khan Academy Kids: a free app for children aged 2-8 that covers literacy, reading, writing, maths, creativity and social and emotional skills
- Teach Your Monster to Read: free app that covers the first two years of learning to read with games for matching letters and sounds
- CBeebies Apps

NSPCC has also created Techosaurus, a friendly dinosaur that can assist you in having chats with your child about online safety. It includes a book and activity pack (both chargeable). Find out more at:

<https://www.nspcc.orh.uk/advice-for-families/technosaurus/>

What can you do to keep your child safe online?

NSPCC



- Explore Together: family screen time to explore together and showing all the fun and educational things that can be done
- Use Passwords: keep devices out of reach and set passwords on all devices so you know when your child is accessing the internet. Add passwords for any purchasing websites or apps as well
- Be involved: use age-appropriate apps and websites and encourage use in the same room, actively engaging with your child and encouraging them to share their enjoyment with you.
- Be in control: activate parent controls on your broadband and on each device. Microsoft Windows, Apple iOS, Google Android all offer ways to control the apps and sites your child can visit.
- Set boundaries: it is never too late to start setting boundaries. Rules on how they use connected technology, including apps and sites they can use and how long they can go on the devices for.