



eSafety newsletter

Useful websites for parents

- www.parentinfo.org
- www.saferinternet.org.uk
- www.childnet.com
- www.thinkuknow.co.uk
- www.kidsmart.org.uk
- www.bullying.co.uk
- www.internetmatters.org
- www.digizen.org
- www.commonssensemedia.org



Safe internet use

Arlesdene's 10 top tips to keep your child safe

1. Limit screen time - Allow tablet time but stay strong when you say no, when it's finished, it's finished.
2. 20/30 minutes maximum screen time at one time - you may choose to spread this over the day.
3. Act as good role model - do not let them see you on your device all the time.
4. Check your settings - set up parental controls and develop safety strategies from the beginning.
5. Enjoy together - encourage your child from an early age to share what they are playing with you.
6. Choose appropriate apps to play - there are many apps that will enhance play and creativity which will help learning.
7. Turn off the tablet at bedtime - use an actual story book not an e-book as a bedtime story.
8. Keep the tablet in the same place - allow this space for playing it too. This will become habit for your child.
9. Be careful when you post photos as these stay on line forever.
10. Do not let your child have a Facebook or Instagram account until they are at least 13.

If in doubt or you need advice come and ask us