



Children's Wellbeing

Our Top Ten Tips



Limit screen time to total one hour per day

Set the house rules and boundaries whilst they are still young and DO stick to these e.g. no tech in bedrooms especially during the night.

Link your own devices to theirs so that you can see what they have been looking at and ensure security settings are correct- If you are not sure how to do this contact your provider or ask the school- we have some brilliant tech parents who have volunteered to help!



Use the technology in open spaces within the house and make it social- be interested in what they are looking at

Don't believe your children when they tell you everyone else is allowed to and spend time to talk to them about how to be safe online and the dangers- these dangers are real!

Healthy Habits

Don't take tablets or technology out with you for meals or during family times, have a no tech at the table rule!

Find some one to one time with each of your children (this can just be ten minutes before they go to bed or on a weekend)

Remember the activities and games that you played as a child and have dedicated time where you either all go out for fresh air and activity or perhaps a Board games evening- some of our favourites are Jenga, Screwball Scramble, Speak Out and Rapidough!

If they seem more worried or anxious, listen to them and try and understand what they are saying, let them know you are really listening and there to help- if you are not sure on what to say or do then please contact us- Mrs Johnson or Mrs Page can help!

Don't buy your child the latest smart phone- start them off with an old one with limited technology- would you give a 17 year old a Ferrari? With Smart phones they all have 3G or 4G which means all your security settings at home become useless.