Websites

www.childrenscommissioner.gov.uk

www.actionforchildren.org.uk (National children's hour initiative)

www.internetmatters.org

www.saferinternet.org.uk

www.parentzone.org.uk

www.nspcc.org.uk

www.childnet.com

www.thinkuknow.co.uk

www.kooth.com

What NOT to do?

Post embarrassing photos online of you or them!

Post a selfie of their untidy room to shame them

Use online slang incorrectly!

Add too many hashtags #mumknowsbest #loveyou

Chat with your child's friends on social media

Give too many likes! Beware of your inner stalker!

Digital 5 a Day

By incorporating the Digital 5 a Day into your parenting role you will not only keep your children safe but provide them with the best opportunity to grow into resilient young people who are able to take advantage of the best things the digital world has to offer.

Find the Balance

Technology is part of our lives but it is important to maintain a balance with other activities and quality family time

Public Health 5-19 Service

A team of specialist nurses working with schools to meet Cumbria's public health priorities

Digital 5 a Day

Be Mindful

Connect

Be Active

Get Creative

Give to others

www.cumbria.gov.uk/ph5to19

Digital 5 a Day - Connect - Be Active - Get Creative - Give to Others - Be Mindful.
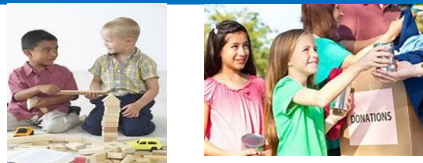
Public Health 5-19

Connect

- Encourage your child to have fun and play with friends both online & offline
- Explain to your child the advantages and disadvantages of computers in a way that they can understand
- Try and avoid too much negativity about the internet and write a family agreement together
- Explore the online world together
- Spend 15—20 minutes every day chatting or playing with your child
- Get outside– encourage outdoor play and social activities
- Praise your child for making good decisions about viewing time.

Get Creative

- Remember that the digital world is an amazing creative and educational experience. Help them to use theirs and your own new knowledge to develop skills offline too
- Provide options - act or fiction books, games, toys, drawing equipment and junk model building
- Relax the rules - kids love to make dens inside and outside
- Don't assume your child is too old for "creative play"
- Get baking together
- Take up dance or drama or simply sing and dance at home
- Encourage them to learn a musical instrument
- Use your favourite photos to make cards and calendars for friends & family

Be Mindful

- Be a good role model
- Lead by example—switch off!
- Encourage down-time. Boredom is ok
- Be mindful about the amount of time your child is spending online and encourage them to think about how this makes them feel
- Help them to come up with ways of managing their time online using a diary or App
- Don't let them have screens in their bedroom
- Eliminate background TV in your home
- Have whole family screen free days
- Keep learning and be curious about what your child is doing online.
- Be screen free at least 30 minutes before bedtime

Be Active

- Too much time online can make your child grumpy and tired. Encourage lots of activity & movement which research has proven is linked to feelings of happiness
- Find something that they enjoy – be that swimming, walking, dancing or climbing. Begin at a level that works for them and make it a regular activity
- Invite friends to come and play avoiding "gaming play dates"
- Digital detox together – do things as a family that doesn't involve technology. Go for a walk, kick a ball, go to the park, climb a mountain
- Incorporate computer games that encourage activity and movement

Give to others

- Let children earn screen time by helping out at home
- Encourage children to appreciate their family and friends
- Use technology positively to send thank you or supportive messages
- Get creative with making cards or pictures for friends and family
- Ensure you notice your child's positive and helpful behaviour
- Involve your child in coming up with ideas to reduce the whole family screen time
- Remind children that giving positive feedback and support to friends and family as well as reporting the negative behaviour will help make the web a more positive place for everyone

E-safety

- Start early
- Talk to your child about online safety
- Have boundaries or a family agreement
- Manage their devices. Preferably in a communal area at home or through an internet account
- Use parental controls
- Use airplane mode
- Be aware when using public Wi-Fi
- Discuss privacy settings and the "positive digital footprint"
- Talk to siblings too
- Use safe search engines
- Check if games or content are age appropriate
- Don't give them a mobile phone until they start to become more independent
- Know their passwords or ask to see their phone or history from time to time