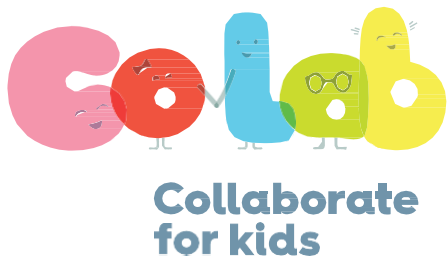# *Raising young children in a digital world:*
Practical tips for parents

- **Limit screen use*** to no more than one hour per day for children aged 2-5 years. Avoid solo digital media use by children, except for video chatting (e.g. Facetime or Skype) among those aged 18-24 months.

- **Consider quality** and not just quantity. It is not just the amount of time children spend using technology, but the way technology is used that matters. Look for content that helps them to learn skills like problem-solving, creativity and critical thinking.

- **Be cyber savvy** by staying updated about technology and how to stay safe online. Set parental controls to help monitor and support what your child does online.

- **Talk with your child** from a young age about their use of technology, including strategies to stay safe online. Ask them to show you the online places they like to spend time and try them yourself. Teach your child how to get help when they are using the websites or apps.

- **Don't feel pressured** to introduce technology early. Today it is so simple to use that children will easily work out how to use technology when they are older.

- **Make a family plan** that outlines rules for technology use, including technology-free places and times, such as before bedtime. Turn off the TV and other devices when not in use and create technology-free areas in your house, like bedrooms.

- **Balance technology use** with other activities for fun and physical activity. Avoid using technology to calm your children.

- **Use technology positively** yourself, and help your child learn other ways to spend their time. Your child is likely to copy what they see you do.

- **Reduce 'technoference'** make sure technology doesn't distract you from spending time with your children. Use technology as an opportunity to interact with your child, rather than to entertain them when you're busy.

- **Be a great guide** in the digital world by supporting and closely watching your child's technology use. Show an interest, offer help and ask questions. Help your child to understand how what they see relates to real-life.

Further information and resources

Create your Family Media Plan
https://www.healthychildren.org/English/media/Pages/default.aspx

How to use parental controls to maximise online safety in your home
https://esafety.gov.au/parents/skills-advice/taming-technology

Best apps: Recommendations for families
https://www.commonsensemedia.org/app-lists

Best websites: Recommendations for families
https://www.commonsensemedia.org/website-lists

Good apps, games, TV shows, movies and YouTube for children
https://raisingchildren.net.au/school-age/play-media-technology/media/good-apps-games-movies-school-age

Shared screen time: Why it's good for you and your child
https://raisingchildren.net.au/school-age/play-media-technology/screen-time-healthy-screen-use/shared-screen-time

Healthy digital media use habits for babies, toddlers & pre-schoolers
https://healthychildren.org/English/family-life/Media/Pages/Healthy-Digital-Media-Use-Habits-for-Babies-Toddlers-Preschoolers.aspx

Parents and screen time: Role-modelling for children
https://raisingchildren.net.au/grown-ups/family-life/media-technology/parent-technology-use

Posting photos and blogging about your child online
https://raisingchildren.net.au/grown-ups/family-life/media-technology/posting-photos-of-children