Digital Family Time

It is important that parents explore new technology with their children. Here are some useful tips to develop digital family time.

1
SET RULES

Parents should ensure that there are family rules about the time their children spend online, which parts of the house they can use their devices and what they can download onto their device.

2
EXPLORE TECH TOGETHER

One of the most important ways you can support your child's digital journey is to sit down with them regularly and get them to show you what games or apps they are using.

3
BALANCE SCREENTIME

Children love using technology, but we must not stop this from enjoying other pastimes. Ensure that you set limits on how long they can use their devices and look at other activities which takes them away from their screens.

4
DIGITAL DIALOGUE

Parents need to ensure that they have a regular digital dialogue with their children to ensure that they are aware of what they are doing. If parents can do this whilst their children are young, it will hopefully lead to more understanding as they got older.