

E-SAFETY NEWSLETTER



PARENTING IN A DIGITAL WORLD

Here are **5** practical things that any parent or carer can do to help their child thrive in the digital age.

1. Celebrate the opportunities in the digital world, while reducing the risks

The digital world can present fantastic opportunities for our children, provided that our children use these tools in a responsible manner. Parents can guide their children in responsible use even if they do not have tech skills. Common sense, experience and your own parenting style will go a long way.

2. Start the conversation and keep it going

You do not need to know any of the terms in Minecraft in order to talk to your child about the game. You only have to ask about the game, their favourite parts, what they like to do, etc. Although your child will certainly be impressed if you sprinkle some Minecraft terminology in the conversation, you are certainly not obliged. But for those brave parents, you might say: 'Did you spawn a lot of mods?' or 'How did you get away from that creeper?' or 'Wow, I didn't think you would make it out of the Nether.'

Obviously this tip is not just for Minecraft, but for all aspects of your child's online activities. The key here is to start the conversation, get involved in your child's digital life and stay involved.

3. Be a digital role model

This means you putting down your smartphone, tablet or laptop and looking into your child's eyes and listening. I mean really listening.

A recent survey of children noted their expectations of technology use in their families: be present, moderate use, supervise children, no texting while driving, no hypocrisy and no oversharing.

4. Teach your child to be resilient

Parents can teach their children to be resilient which will allow their child to 'bounce back' from some of the online nastiness that they may inevitably experience or observe. Parents can help their children increase their social and emotional skills so that children will be able to understand and manage their emotions and their online social worlds.

5. Strive for screen balance

Homework / chores first, screens later;

For every hour of screen time, provide an equal hour of truly engaged family time;

Designate tech free moments for the entire family.

Hope this is useful – for more information, please visit –

<https://2simple.com/free-stuff/digital-parenting/>



