

Dear Parents/Carers,

Darell Primary School takes safeguarding extremely seriously, which includes how we prepare your child for life at school and at home, both online and offline.

They will not spend much time on devices “until they go into Yr 2”, because it’s more important to us that they spend time playing, talking and moving their bodies, experiencing life outdoors and making things.

Some children might already access a device/s at home (phone, tablet, laptop, games console, TV etc.) and so please find below some advice that we hope you will find helpful:

1. **Decide** - what is the purpose of your child accessing a device/game/app etc.? What are the benefits? Do you know what the risks might be? Online harms are very real for ALL children on ALL devices. What can you do to minimise or avoid these? Are you aware of age ratings associated with games & apps?
2. **Talk** – ideally before your child starts using any device, start talking to them about things like how to be a good friend, what to do if they see or hear something that makes them sad/worried and other key safety messages such as body safety. These are key skills needed for when they start using devices. When they do start using a device, you should then have regular conversations about what they like to do and how to get help and stay safe.
3. **Safe settings & Supervision** – have you set up appropriate controls on the device, individual apps and also on your broadband to protect your child, and to allow you to oversee their activity? We suggest young children should be in a communal space when using a device so parents can respond to anything concerning.
4. **Balance** – using devices can be lots of fun. But there are also risks, such as device use making children less physically active, interrupting their sleep and devices replacing other activities that are much better for their development. Therefore, how will you support your child to maintain a healthy [digital diet](#)?
5. **Agree rules** – agree with your child, and all family members, some [family rules](#) about how devices should be used. For example, agreeing not to use devices during mealtimes or after a certain time at night. Creating healthy habits in the early years is really important!

If you need support with any of the above, have a look at parentsafe.lgfl.net, which has lots of advice and support on this topic.