

**Internet Safety for pre-school children**

It’s never too early to start setting boundaries. Set some rules about how long your child can spend online. Children aged 3 to 4 years should:

* be physically active for at least 180 minutes a day, with at least 60 minutes of moderate to vigorous activity, spread through the day
* not be sitting still for more than an hour at a time, and have no more than 1 hour a day screen time, preferably less
* have 10 to 13 hours of good-quality sleep, with regular sleep and wake times

More and more pre-school age children are using their parents’ computers, smartphones or tablets to play games, use apps, and watch their favourite TV shows.

Below are some simple things you can do to make sure under-5s have a safer online experience and build up their resilience to get the best out of the digital world as they grow.

* Talk to your child about what the internet is and explore it together so you can show them all the great fun and educational things they can do.
* Install parental controls on your home broadband. Most Internet-enabled devices also allow you to set parental controls so you can monitor sites and usage, ensuring children are only able to access age appropriate games.
* Keep your devices out of reach and set passwords on all your internet-enabled devices and don’t share them. Then you’ll know when and where your child is accessing the internet. You can also make sure they’re not making additional purchases when they’re playing games or using apps.
* Use safe search engines such as Swiggle or Kids-search. You can save time by adding these to your ‘Favourites’. Safe search settings can also be activated on Google and other search engines, as well as YouTube.
* Encourage them to use devices in a communal area like the lounge or kitchen so you can keep an eye on how they’re using the internet and also share in their enjoyment.
* Set your homepage to a child-friendly site like CBeebies and create a user account for your child on the family computer or device which only allows access to sites you’ve chosen.
* Help them learn through games. You can choose safe, fun and educational online games to play with your child and that you’ll be confident about them exploring. You can find good free of charge examples from Cbeebies and companies like Disney Junior, Nick Jr and Fisher Price.

