



A PARENT GUIDE TO SMART TECH & SCREEN TIME

EYFS & KEY STAGE 1



OUR RECOMMENDATIONS

- ✓ Limit screen time each day, making sure it's switched off at least an hour before bed.
- ✓ Do not allow your child to have unrestricted internet access, gaming or any social media until they are in at least Year 10 (14-15 yrs)
- ✓ Educate yourself about the risks to young people of unrestricted internet access, social media and addiction.
- ✓ Teach your child about the risks and help guide them in using technology safely.

**YOU ARE THE PRIMARY
EDUCATOR OF YOUR CHILD.
EDUCATE YOURSELF AND
TAKE CONTROL!**

PUT PHYSICAL ACTIVITY & CONVERSATION FIRST

Your child is like a sponge, they are learning every day. The habits they form now, will be with them for life.

Aim for at least **one hour of physical activity each day** - running in the garden or at the playground, walking to and from school, playing football, riding their bike/scooter, Parkrun, going for a walk as a family - there are lots of options.

Talk to your child about the importance of being active and outdoors for health and wellbeing. Make sure they see you prioritising this time.



SCREEN TIME

✓ NOT ALL SCREEN TIME IS EQUAL

- It's important to distinguish between good and bad screen time.
- Addictive social media, video and gaming, unrestricted internet access and age inappropriate TV/games are examples of 'bad' screen time.
- Positive uses include those which support organisation, enhance learning, and fosters independence.
- Steer towards the good. Educate yourself and your child about the bad.

✓ UNDERSTAND THE NEGATIVE EFFECTS

The negative effects of screen time include:

- Prolonged use of screens can lead to digital eye strain, causing symptoms like dry eyes, blurred vision, and headaches.
- Exposure to blue light from screens can interfere with sleep patterns by disrupting the body's natural circadian rhythm.
- Spending excessive time on screens often leads to a sedentary lifestyle, contributing to health issues like obesity and poor cardiovascular health.
- High screen time is linked to anxiety, depression, and decreased social interaction due to reduced face-to-face communication.
- For children, excessive screen time can hinder cognitive and social skill development, affecting attention span and learning abilities.
- Notifications are distracting and reduce the ability to focus and complete tasks effectively.

✓ BE A DIGITAL ROLE MODEL

It's not just children who are susceptible to the persuasive design of Social Media and games! Anyone can find themselves mindlessly swiping through feeds for longer than they intended or using their smartphone before bed or at meal times.

Children are looking at us to learn behaviours. Lead the way by limiting your own screen time and demonstrating positive digital habits.

✓ CREATE A FAMILY AGREEMENT

Children thrive on routine. Creating a family agreement is a fantastic way of setting boundaries and clear expectations around screen time. This should include the amount of screen time each week as well as when and where this will take place.

✓ DECIDE AGE RESTRICTIONS IN ADVANCE

Decide in advance what age your child will have access to a smart phone, the internet, social media, games etc. It is much easier to set this out in advance than walk it back once they have started using it.

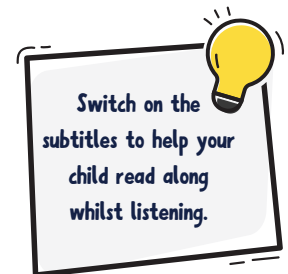
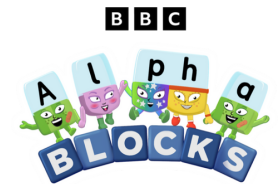
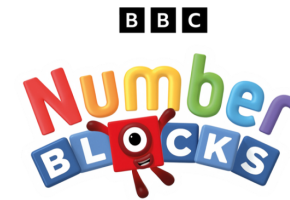
✓ ALWAYS USE PARENTAL CONTROLS

Parental controls are available; make sure they are set up and switched on until your child is an adult! This will enable you to control the device and limit functionality in an age appropriate way.

This school does not allow children to bring smartphones/watches onsite at any time.

EDUCATIONAL IDEAS

Here are some of our favourite programmes and apps for Reception/KS1 children. A short amount of screen time is a good way for a child to wind down after a busy day - you could put on a timer to keep it under an hour a day!



Use these links to help
EDUCATE YOURSELF. EDUCATE YOUR CHILD.



Take control of your child's future wellbeing by taking control of their access to social media, gaming and the internet.