

Time with technology

My Child



Young children use technology in short bursts, shared with an adult. They use apps and games that help them learn and actively enjoy technology.



Children are supported and monitored as they develop interests and discover what they can do with technology. They enjoy sharing what they do with their family, and learn to balance time on devices with other activities.



Young people make the most of the unlimited opportunities online. They build supportive relationships, check their own activities, and choose when to spend time without technology.

My Checklist

Do I offer technology to my child in short bursts?

Do I select technology to help my child's development?

Does my child expect to share technology with me?

Do I put aside technology to engage with my child?

Does my child have time without technology?

Is my child physically healthy and sleeping enough?

Is my child connecting socially with family and friends?

Is my child willing to respond to questions about what they are doing when using technology?

Is my child engaged with and achieving in school?

Is my child pursuing interests and hobbies away from technology?

Is my child having fun and learning while using technology?

Does my child stay online longer than they intend to?

Is my child ignoring and avoiding other work or activities to spend more time online?

Does my child get annoyed or irritable if I interrupt them when online or on their phone?

Does my child only spend time with people online or through messaging?

Does my child argue with friends or family about the amount of time they spend online?

My Action

Make technology use active so that your child is doing something not just watching a screen

Look for apps and websites that will support learning.

Mix technology use with other sorts of play and learning.

Check the PEGI rating and look for recommended apps
<http://www.fundamentallychildren.com/good-app-guide>
<https://www.common sense media.org/game-reviews>

Agree boundaries for where and when children use technology e.g. not in bedroom, not before bedtime; not early in the morning.

Ask questions about what your child does with technology.

Help your child to maintain interests and hobbies away from technology.

Join in technology activities that your child enjoys.

Discuss how being away from technology makes them feel.

Support them to manage their time effectively and prioritise tasks.

Provide opportunities for them to talk about their online and offline relationships.

Set expectations that technology will not dominate family time together.

Contact NSPCC/O2 help line 0808 8005002 for help with parental controls or if you have concerns

We have incorporated ideas from reports written by Livingstone and Ross, 2016 and Graham, 2012)