



## Scomis' Online Safety Newsletter for Early Years – Issue 1

### For Parents and Carers:

Welcome to the Scomis Online Safety Newsletter for parents and carers of 0-5 year olds.

We know that parents and carers are concerned about their children's safety 'Online', i.e. what to do about it and where to find help and information. Published each term, this special section for parents and carers will proactively provide advice - for example, signposting resources, the risks of using technology at an early age and much more!

### Setting up Parental Controls

Major Internet Service Providers and mobile operators **DO** have 'Parental Controls' Set-Up Guides.

Access to inappropriate content can be less complicated and faster than parents think.

#### Do you know how to:

- Set up broadband filters?
- Set up parental controls?
- Download age appropriate apps?



The UK Safer Internet Centre (UKSIC) 'Parent's Guide to Technology' has lots of helpful information for parents about smartphones, tablets and gaming devices. Download their guide:

<http://www.saferinternet.org.uk/advice-and-resources/parents-and-carers/parents-guide-to-technology>

internet  
matters.org

Designed specifically for parents internetmatters.org website offers a wealth of up-to-date unbiased information and advice:

<http://www.internetmatters.org/parental-controls/interactive-guide/>

### Have you heard of YouTube for Kids?

YouTube Kids gives your family an easy way to watch favourite programmes and explore. It's free, simple to use and full of family-friendly videos:

<https://kids.youtube.com/>

Do you know that too much or poor quality screen time has been linked to:

- Obesity
- Irregular sleep schedules and shorter duration of sleep
- Behavioural problems
- Loss of social skills
- Violence
- Less time for play

Read the article in full at:

<http://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/children-and-tv/art-20047952>

### Have you considered?

- Using an egg timer to time how long your child/children are watching the screen/playing games
- Choosing Apps/games together which are both educational and fun
- Checking the games your child/children play

Review Childnet's Online Safety advice for parents and teach your child/children about Smartie the Penguin

- Use the Childnet resource 'Smartie the Penguin' and teach your child/children the rhyme:



<http://www.childnet.com/resources/smartie-the-penguin>

For more information contact Scomis on:

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