



Welcome to Scomis' special summer term edition of the Online Safety Newsletter for Early Years

For Parents and Carers:

With the summer holidays fast approaching we thought we would provide an extra edition of the Scomis Online safety Newsletter for Early Years.

This edition provides links to good websites where parents and carers can access advice, guidance and information for 0-5 year olds on Online Safety.

How much Screen time?

In **2013** the UK Government published a paper entitled 'How healthy behaviour supports children's wellbeing' identified a link between children's screen time:

- Children who spend more time on computers, watching TV and playing video games tend to experience higher levels of emotional distress, anxiety and depression

Recommendations include:

10-minute moves – incorporating fun ten minute activities into lives to help build to the goal of at least 60 active minutes a day

screen-time switch – encourage limiting screen time and swapping time in front of the TV, tablet or computer for something active

<https://www.gov.uk/government/news/sedentary-lifestyles-and-too-much-screen-time-affect-childrens-wellbeing>

Consider the Australian Department of Health's recommendations to parents:

- **Children younger than 2 years of age should not spend any time** watching television or using other electronic media (DVDs, computer and other electronic games).
- **For Children 2 to 5 years of age**, sitting and watching television and the use of other electronic media (DVDs, computer and other electronic games) **should be limited to less than one hour per day.**

Find out more:

<http://www.health.gov.au/internet/main/publishing.nsf/content/health-publhlth-strateg-phys-act-guidelines#npa05>

Do digital things *together!* Review the article on Parent Info 'Screen time and young children: finding a balance

<http://parentinfo.org/article/screen-time-and-young-children-finding-a-balance>

Internet Matters advice available on YouTube



Internet Matters has produced a number of easy to watch videos to help parents keep their children safe online. To find out more:

<https://www.youtube.com/user/internetmatters>

Visit Internet Matters website to access Online Safety leaflets and free resources including an Online Safety check-list. These leaflets can be downloaded, printed and shared with friends and family -**ideal for grand-parents.**

https://www.internetmatters.org/wp-content/uploads/2016/07/E-safety_Pre_School.pdf



NSPCC's Free Guide for parents'

Really simple guidance from the NSPCC. This guide will help to reassure you, and give you the information and advice you'll need to keep your child safe online.

- Cost : Free

<https://www.nspcc.org.uk/globalassets/documents/advice-and-info/share-aware.pdf>



Free Advice

Available from O₂'s friendly experts in person?

Find out more:

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/share-aware/>

Remember YouTubeKids.

It is free, simple to use and full of family-friendly videos:

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

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