

Headteacher: Dr. J Bartlett – NPQH, PGCE, D.Phil, M.Chem **Specialisms:** Mathematics

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Tips on keeping up with children's digital world

In this week's **Digital Download**, we're focusing on screen time. There is a lot of debate as to whether screen time affects a child's mental health and if too much screen time is a concern parents should have.

Insights from our **From Survive to Thrive report** shows **nearly two-thirds (63%)** of parents told us that they now require some type of help with thinking about their children's tech usage. The most needed advice was on how to rebalance the amount of screen time their children have as **more than half of parents (53%)** agree that their child has become too reliant on online technology.

Due to the pandemic, screen time naturally increased as some kids required the use of devices for remote learning and just generally for being indoors. However, attitudes have shifted from the amount of screen time use to what content and information kids are actually engaging with online.

As UK regional lockdown ends and school holidays coming up, ensure you are equipped with how to balance their screen time but most importantly, know what they're doing with it. See our advice and resources below.

NEW | We are proud to have been on the panel to support DCMS on the recent online media literacy resources. You can take a look at it [here](#).

Lastly, if you can spare 60 seconds to take our survey, we'd love to hear from you to help improve our newsletter and give you the support you want!

Find this useful? Please do share this with other parents and carers. If you have any feedback get in touch on our Facebook page [@InternetMatters](#).

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Creating a healthy digital diet

Equip toddlers, tweens, and teens with the know-how to thrive online and get the best out of their screen use.

Click the link below to find age-specific tips to help children develop healthy online habits and create a good digital diet to help them thrive on and offline.

<https://www.internetmatters.org/issues/screen-time/>

How can I help my child best manage their screen time?

With more than half of UK 10 years olds owning a smartphone* and even younger owning a tablet, it is important to allow children to explore the online world. However, learning how to make the best of their screen time and what they're actually doing online is key.

Dr Elizabeth Milovidov in response to how to spot if a child has had 'too much screen time' says:

"Watch how your child interacts with their device:

- Does my child have a tantrum when the device is removed or screens are turned off?
- Does my child complain of neck pain or back pain?
- Does my child complain of headaches or eye strain?
- Does my child become aggressive or angry when playing or watching online?
- Does my child often seem over-excited?
- Has my child become disorganized, disobedient, or oppositional?

If the answer to the majority of these questions is 'Yes,' then parents should consider supplementing screen time activities with something else."

Dr. Linda Papadopoulos says:

"The best way to look at is – is it getting in the way of day to day activities? If your child's screen time is to the detriment of them seeing friends, doing their homework or having an interrupted family meal – it's too much screen time. As a family, you may have rules but it's a great idea to discuss with your child their thoughts on what screen time is appropriate – when and where.."

**Ofcom 2019 Annual Report*

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Visit our article for more insights from other Internet Matters experts.

<https://www.internetmatters.org/hub/question/how-can-i-help-my-child-best-manage-their-screen-time/>

Mum shares how she manages screen time with her children of different ages

We sat down with Jess a mum of a 10-year-old and a 5-year old and asked *'How can rules adapt over time to keep everyone happy?'*.

She shares her experience on what her family does to set the different rules for each child and how she discusses online risks.

<https://www.internetmatters.org/hub/parent-stories/managing-screen-time-with-children-of-different-ages-mum-shares-her-experience/>

Creating a balanced digital diet with screen time

Find simple tips to help children develop healthy online habits and a good digital diet to help them thrive on and offline.

<https://www.internetmatters.org/resources/creating-a-balanced-digital-diet-with-screen-time-tips/>

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