

tv, internet mobiles and gaming



Ask questions

Turn it off

Be aware

No means no and stick to it

Limit time

Keep them safe

Keep adult TV and games for adults

Check it out

Bedrooms are for sleeping

TV, internet, mobiles and gaming

Avoid stimulating TV and gaming before bedtime. TV can be relaxing and entertaining but be careful!

Be selective about what you watch, or watch with your child. talk about what you are watching.

No means no! Stick to it!

Avoid having TVs and game stations in bedrooms. offer alternatives.

Your child only needs a mobile phone when they are old enough to go out alone. Learning how to talk to people face to face is more important for young children.

Know what your child is watching or what game they are playing on. violent games and programs have an impact on emotional development and behaviour.

Internet chat rooms and social networking sites are not suitable for young children. Be alert to the dangers of cyber bullying and grooming as your child gets older.

The internet is great but use your parental control to keep your children safe.

Be very careful what your child watches. adult telly is not appropriate for children!

Give a time limit and prepare them for switching off!

