

TOP TIPS FOR PARENTS & CAREGIVERS

CyberBreak

A 24-hour digital detox

1

Create Healthy Habits

- Start slowly – e.g. game offline, use your own device, sign up with a family email address
- Build trust before buying a smart device: keep careful eyes and ears out when they're online
- Check out PEGI and Common Sense Media to find out about age ratings and content

2

Introduce Technology Gradually

- Charge devices in a communal area
- Keep devices out of bedrooms: avoid using them at all from one hour before bedtime
- Make mealtimes tech-free
- Think about your own online use and the example it sets: practise what you preach!

3

Check Out Parental Controls

- Explore parental controls – these exist on most devices, apps and games
- Use child friendly versions of apps e.g., YouTube Kids (remember these are not foolproof!)
- Use SafeSearch options on search engines (e.g., Google, Safari, Edge, Qwant Jr)
- Check out privacy settings, chat and follower lists on devices, apps and games

4

Start The Conversation Now

- Make talking about the online world a normal and ongoing conversation
- Ask: "What did you do online today"
- Reassure: "You can always talk to me if you see or hear anything that worries you."

5

Do Things Together!

- Ask your children to teach you how to use a popular app or play their favourite game
- Check out apps and games that promote creativity and collaboration e.g. Minecraft creative mode
- Try making a video or reel together



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