

## Information for Parents/Carers: Safe Technology

Depending on the family needs in your setting you can select information from the below list to share in newsletters, emails, display boards and social media.

Royal College of Paediatrics and Child Health [Screen time parent fact sheet](#)

NSPCC [Talking to your child about online safety](#)

ThinkUKnow parent advice for [keeping your under 5's safe online](#)



Internet Matters [Preschool online safety advice](#), including a [Guide to online parental controls](#) and [Balancing screen time tips for 0-5 yr olds](#)

Internet Matters [Grandparents guide to safety online](#)

Internet Matters [Smart Speakers: a parent's guide](#)



Childnet [8 top tips to keep under 5's safe online](#)

UK Safer Internet Centre: [How to set up parental controls offered by your home internet provider](#)

**Parent Info** is a collaboration between Parent Zone and NCA-CEOP, providing support and guidance for parents and carers related to the digital world from leading experts and organisations

**Net Aware** guide to social networks, apps and games to keep kids safe online

Cbeebies [Toddlers and Tablets: Ten First Steps](#)

[Smart Parenting in the Digital Age](#) leaflet (you can also download in French, Hungarian and Romanian [here](#))

Poster of Chief Medical Officer's [advice for parents on children's screen time and social media](#)

**Get Safe Online** free expert advice on protecting yourself online



You can [Report harmful content](#) here

**CEOP** (Child exploitation and online protection) make a report if you discover something inappropriate online

[Swiggle](#), [Kiddle](#) or [Kids-Search](#) Child-friendly search browsers



Hungry Little Minds [recommended apps](#) for 2-5 year olds

[Research](#) recommends the following types of apps for promoting play and creativity:

- Apps that enable children to **create their own stories** by taking photographs or creating drawing and adding simple texts. These apps can also **promote outdoor play**, by being used to capture stories about day-trips or a visit to the park. A simple visit to the local supermarket can be captured using photographs and then a story created about that trip later – even if that is just talking through the photographs and not moving on to create the book, the language experience will be valuable.
- **Story apps** that allow children to speak / blow into the microphone, or shake the tablet to make characters move and so on.
- **Music-making apps** that allow for **experimentation** and sound like real instruments.
- **Drawing and painting apps** that enable children to create videos of their creations as they are made step-by-step. This can help children to think about their actions and so they can repeat the most effective actions when they use that app again, if they wish to do so.
- Simple **animation or film-making** apps.
- **Collage apps** that allow children to make virtual creations from a large range of resources, such as photos, stickers and drawings.
- Apps that enable children's **creations to be embedded in a scenario** e.g. they create a virtual ice-cream that then appears in an ice cream shop.
- Very young children enjoy apps that draw on their early, **everyday understanding of toys and games**, but take them into a **new, imaginative dimension** e.g. peek-a-boo with animals/ monsters and so on.
- Apps that **interact with dolls, robot and soft toys** can promote **imaginative play**.