TIPS FOR YEARS 3-4 PARENTS

Be a guide and coach
Children at this age can do much more for themselves, but they still need help when they get stuck. If your child needs help with homework, talk them through the steps instead of doing the task for them. Sometimes working things out on paper or using physical objects can help.

Keep screen use visible
Children at this age need monitoring to keep them safe and focused. Using screens at the kitchen table or in another shared space can make it easier for children to stay on task and ask questions. Children may still need help with passwords, websites that will not load or devices that stop working.

Have conversations about screen use
Ask them to show you the apps and websites that they are using for learning and for fun. Watch or play alongside them sometimes, where appropriate. Show them some of your own recommendations and talk about why you like them and how they are helpful.

Manage distractions and parental controls
Help your child focus by turning off notifications and show them how to use *Do Not Disturb* mode during learning time. Explore parental controls to help manage the content they can access and the time they spend on devices. Some learning apps include games or rewards, so talk with your child about your expectations on how much time they should spend on learning and how much on play.

Set up rules, routines and limits
Review your family tech agreement regularly and decide together when screens are used for learning, entertainment and family time. Regular screen-free times and suggestions for enjoyable non-screen activities can also help create balance.

Help your child to be smart online
Talk about how some sources of information (including AI overviews) may not be trustworthy and how to check for accuracy. Let them know that they can always come to you if there is something they are not sure about or if they see something that makes them feel uncomfortable.

Model the habits you want to see
Children notice what adults do. If you want phones away during family time or study time, try putting your own phone away too.

Leverage the school community
Read school newsletters to stay up-to-date with the latest research around screen use. Participate in school-organised forums to help shape community standards for screen use that is consistent for your child and their friends.

Other resources

- Family tech agreement (eSafety Commissioner)
- Parental controls (eSafety Commissioner)
- Best practice toolkit (Screens in Education)

Best Practice in Screen Use for Education