TIPS FOR YEARS 5-6 PARENTS

Help children manage distractions
As children become more independent online, games, messages and other digital activities can make it difficult to concentrate. Consider blocking games, social media or other distractions during homework time. Students often appreciate these boundaries because they can find distractions difficult to resist. Where possible, consider having a separate device or profile for homework.

Stay curious about their screen use
Ask your child to show you the apps and websites that they are using for learning and for fun. Watch or play alongside them sometimes, where appropriate. If you have any concerns, help them understand the issues. Keep the conversation open - stay curious, not judgemental.

Help your child understand the digital landscape
Talk about how software companies profit from their attention and time on their apps, and many products are designed to make it hard to walk away from them. Monitor and discuss how to behave appropriately in chats, especially in large groups. Continue conversations about digital information quality, health and safety.

Set up rules, routines and limits
Discuss with your child their learning and leisure/friendship needs with screens, and negotiate a family tech agreement that is acceptable to both of you. Each should make a commitment to abide by the agreement, including the consequence if rules are not followed. Setting up a time and place for homework can help your child develop good habits before moving into high school.

Keep devices out of bedrooms at night
A family charging area outside bedrooms can make it easier for children to switch off. For desktop computers, consider removing keyboards and mouse. Research shows that avoiding screen use an hour before bedtime helps improve sleep.

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