TIPS FOR K-2 PARENTS

Be a guide and partner in learning
Young children are still learning how to use devices, read instructions and manage their attention. At this age, parents are best placed as active partners in digital learning. Stay nearby or sit with your child when they are learning on a screen and be ready to help them stay focused and work out what to do next.

Help with typing and searching
Talk with your child about when and how it is OK for them to search online. Start building their digital literacies. Young children may know what they want to search for but not know how to spell or type it. Ask them what they want to find, then help them type the words. If your child comes across a word they cannot read or understand, help them sound it out and explain what it means.

Teach them to be safe online
Talk about how to keep passwords safe and not to share personal information and photos online, and that they can let you know if they see inappropriate things on screen.

Better quality screen time
Introduce learning and typing games or education content for high quality screen time. Talk to your child's teacher for recommendations.

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 when it is time to learn and when it is time to play.

Set up rules, routines and limits
Create a simple family tech agreement to discuss time limits, appropriate use, and maintaining balance with non-screen activities. Using a timer can make the end point clear and predictable: "When the timer rings, it's time to finish."

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