

✓ 'Under 5' checklist

- ✓ **START** setting some boundaries now - it's never too early to do things like set limits for the amount of time they can spend on the computer
- ✓ **KEEP** devices like your mobile out of reach and make sure you have passwords/PINs set up on them for the times you might lend them to your child...or for when they simply get hold of them themselves!
- ✓ **CHECK** the age ratings and descriptions on apps, games, online TV and films before downloading them and allowing your son or daughter to play with or watch them
- ✓ **EXPLAIN** your technology rules to grandparents, babysitters and the parents of your child's friends so that they also stick to them when they're looking after your child
- ✓ **REMEMBER** that public Wi-Fi (e.g. in cafes) might not have Parental Controls on it - so, if you hand over your iPad to your child while you're having a coffee, they might be able to access more than you bargained for
- ✓ **SET** the homepage on your family computer or tablet to an appropriate website like Cbeebies