



## DIGITAL SAFETY

### **Digital Safety in Preschool: Why It's Important**

In today's digital world, even preschoolers are exposed to technology in various forms. From educational apps to online videos, technology plays a significant role in their early development. However, just as with reading, digital safety is a crucial aspect of supporting their growth. Teaching children how to use technology responsibly and safely ensures that they can enjoy its benefits while staying protected from potential risks.

### **How Digital Safety Supports Your Child's Development:**

**Promotes Responsible Technology Use** – Teaching children about digital safety helps them develop the skills to use technology responsibly, avoiding harmful situations online.

**Encourages Healthy Screen Time Habits** – Setting boundaries around screen time allows children to enjoy the benefits of technology without overexposure, promoting a balanced approach to learning and play.

**Protects Privacy** – Early education about protecting personal information helps children understand the importance of privacy online, safeguarding their data from potential risks.

**Boosts Critical Thinking** – Learning about online safety helps children think critically about what they see and do on digital platforms, fostering a sense of discernment in their interactions with technology.



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## **Tips for Teaching Digital Safety to Your Child:**

**Set Clear Screen Time Limits** – Establish guidelines for how long your child can use digital devices each day. Make sure the time spent is balanced with physical activity, play, and interaction with others.

**Use Age-Appropriate Content** – Choose educational apps, games, and videos that are suitable for your child's developmental stage. Avoid content that may be inappropriate or overwhelming.

**Discuss Privacy and Sharing** – Teach your child about the importance of not sharing personal information online, such as their name, address, or school. Use simple terms like "keep your information safe" or "don't talk to strangers online."

**Supervise Digital Activities** – Whenever possible, be present while your child is using digital devices. Offer guidance on how to interact with technology safely, and be there to address any concerns that may arise.

**Lead by Example** – Children learn by observing. Set an example by following digital safety rules yourself, such as respecting others' privacy and using technology in a responsible way.

## **Choosing the Right Digital Tools:**

**Educational Apps and Games** – Select apps and games that are designed to engage children in learning while ensuring their safety. Look for those with parental controls and secure content.



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**Parental Control Features** – Make use of parental control settings on devices to restrict access to inappropriate content and monitor your child's digital usage.

**Interactive Videos and Resources** – Opt for educational videos that promote learning through fun and interactive experiences. Many platforms offer age-appropriate content designed specifically for young learners.

## **What to Expect:**

**Curiosity About Technology** – Preschoolers are naturally curious and may want to explore devices on their own. This is a great time to start teaching them the basics of digital safety.

**Development of Basic Digital Skills** – As children begin using digital tools, they will develop essential skills like navigating apps, watching educational videos, and engaging in online games.

**Understanding the Importance of Digital Boundaries** – With time and guidance, children will start to understand the boundaries of digital safety, such as the importance of screen time limits and not sharing personal information.

## **How We Support Digital Safety at Nursery:**

**Digital Safety Lessons** – We integrate basic digital safety lessons into our curriculum, teaching children the importance of using technology in a safe and responsible way.



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**Supervised Screen Time** – We ensure that all digital activities are supervised and age-appropriate, providing a safe learning environment for exploring technology.

**Parental Guidance** – We offer parents tips and resources to help guide children's use of technology at home, encouraging safe online habits from an early age.

**Collaborative Learning** – We involve both children and parents in discussions about digital safety, creating a shared understanding of how to navigate the digital world securely.

## **Conclusion:**

Digital safety is a crucial part of your child's development, just like any other skill. By fostering a balanced approach to technology and teaching your child about the importance of digital safety, you help them build a strong foundation for using technology in a positive and secure way. Together, we can ensure that our children enjoy the benefits of the digital world while staying protected from its potential risks.

