



What is Internet matters? A website where online safety experts provide parents and carers guidance and advice to keep children safe online.

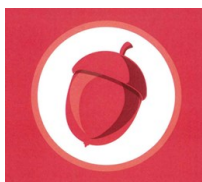
Scan the QR code above



What is Kiddle? Kiddle is a search engine for children, just like google. It is a safe trusted site just for

Children to find information, images and videos.

Scan the QR code above

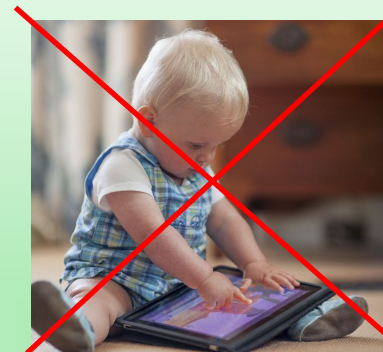


**MARTENSCROFT**  
NURSERY SCHOOL & CHILDREN'S CENTRES

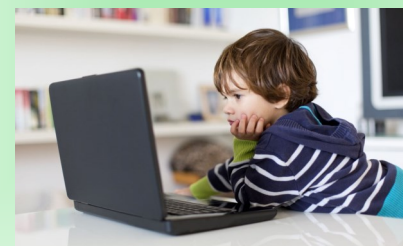


## Stay safe online in the Early Years

0-2 years



2-5 years less than 1 hour



The World Health Organization (WHO) screen time guidelines recommend no screen time for infants and toddlers up to age 2 years (World Health Organization, 2019), and **1 hour a day for children under 5 years** (World Health Organization, 2019).

## Benefits of technology

- Some apps/ websites can be educational and entertaining



- You can stay in touch with family/ friends in different parts of the country/ world.



- You can find information out from the internet



- Helps to develop fine motor skills



- Parents can set time limits to control screen time.



## Risks of too much use of technology

- Too much screen time can impact on physical development.

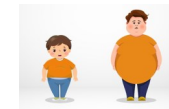
- Limits opportunities for talking to friends and family.



- Can impact speech and language development.

- You can become addicted to screen time.

- Linked to obesity.



- Too much screen time can affect sleep routines.

- Limits physical exercise/ play (recommended by world health organisation that children do 180 minutes a day of physical exercise)

