

# E-safety tips for parents of pre-school children 0-5 Year Olds

81%

of mothers have  
uploaded an  
image of their  
child under 2 to  
social media sites

## Checklist

### ✓ Put yourself in control

Make use of the parental controls available on your home broadband and any internet-enabled devices. You can find out how at your broadband provider's website or by visiting [internetmatters.org](http://internetmatters.org).

### ✓ Search safely

Use safe search engines such as [swiggle.org](http://swiggle.org) or [kids-search.com](http://kids-search.com). Safe search settings can also be activated on Google and other search engines as well as YouTube. You can find out more at [google.co.uk/safetycentre](http://google.co.uk/safetycentre).

### ✓ Set boundaries

It's never too early to start setting rules about when and for how long your child can use devices and start to introduce the subject of internet safety at the same time. Keep your computer in a communal area, keep other devices out of reach and use passwords so they can't go online without asking you first.

### ✓ Explore together

Set your homepage to a child-friendly site such as CBeebies and give them a user account which only allows access to sites you've chosen. Explore these different sites together.

### ✓ Help them learn through games

Games are a great way for young children to explore the internet and learn about the world around them. You can choose safe, fun and educational games free of charge from providers such as Fisher Price or about their favourite characters like Peppa Pig.

Zero to eight: Young children and their internet use  
– EU Kids Online (August 2013)

Children can now have a digital footprint before they learn to speak and often before they're even born.

Internet Matters is a free online resource for every parent in the UK. We'll show you the best ways to protect you children online as they grow up – with information, advice and support on all the big e-safety issues.

internet  
matters.org