

Internet Matters Checklist: Supporting 0-5-year-olds online

Explore together

Talk to your child about what the internet is and explore it together so you can show them all the great fun and educational things they can do.

Put yourself in control

Install parental controls on your home broadband. Most Internet-enabled devices also allow you to set parental controls so you can m

Use passwords

Keep your devices out of reach and set passwords on all your internet-enabled devices and don't share them. Then you'll know when and where your child is accessing the internet. You can also make sure they're not making additional purchases when they're playing games or using apps.

Search safely

Use safe search engines such as Swiggle or Kids-search. You can save time by adding these to your 'Favourites'. Safe search settings can also be activated on Google and other search engines, as well as YouTube.

Be involved

Encourage them to use devices in a communal area like the lounge or kitchen so you can keep an eye on how they're using the internet and also share in their enjoyment.

Manage access

Set your homepage to a child-friendly site like CBeebies and create a user account for your child on the family computer or device which only allows access to sites you've chosen.

Help them learn through games

You can choose safe, fun and educational online games to play with your child and that you'll be confident about them exploring. You can find good free of charge examples from Cbeebies and companies like Disney Junior, Nick Jr and Fisher Price.

Set boundaries

It's never too early to start setting boundaries. Set some rules about how long your child can spend online.

Please talk to the school if you have any queries or concerns.

Useful guides and resources



Net Aware

A parent guide to the social networks, websites, apps and games that children are currently using from Common Sense Media, NSPCC and O2.

<https://www.net-aware.org.uk/>



Safer Internet Centre

Tips, advice, guides and resources to help keep your child safe online.

<https://www.saferinternet.org.uk/advice-centre/parents-and-carers>



O2 and NSPCC online safety helpline

From setting up parental controls to reporting online bullying, you can call the free helpline on 0808 800 5002, or visit an O2 Guru in store.

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/>



ThinkUKnow

Guidance from CEOP on how to talk together as well as giving practical and technical advice.

<https://www.thinkuknow.co.uk/parents/>



Parent Info

Parent Info is a collaboration between CEOP and Parent Zone. It provides high quality information to parents and carers about their children's wellbeing and resilience.

<https://parentinfo.org/>



Internet Matters

From age-specific online safety checklists to parental control set-up guides on a range of devices, you'll find plenty of practical tips to help kids get the most out of their digital world.

<https://www.internetmatters.org/>



Supporting Young People Online

Information and advice for parents and carers on supporting young people online. The leaflet is available to download in multiple languages.

<https://www.childnet.com/resources/supporting-young-people-online>



Internet Matters Wellbeing Apps guide

A list of popular (FREE) wellbeing apps recommended by Internet Matters.

<https://www.internetmatters.org/resources/wellbeing-apps-guide-for-kids/>