

Parenting Tips

What are some useful parenting tips in the digital age?

To complement the cyber wellness curriculum in schools, parents can set a good example at home in the use of technology and play an active role in guiding our children to navigate in cyberspace. Here are the steps for **PARENT**ing in the digital age:

Provide opportunities for a variety of offline activities

- Spend time with your child by carrying out family activities such as sports and outdoor activities so that your child has a healthy and balanced lifestyle.

Activate parental controls in all computing devices

- Check out "[How do you set parental controls on your child's ICT devices?](#)" and activate them in all computing devices.

Role - model good digital habits

- Manage your own digital habits such as avoiding extensive use of technology and avoiding use of technology during meal times.
- Show your child safe, responsible and respectful behaviour when sharing, collaborating and creating online.

E establish the ground rules for internet use

Some basic rules could include the following:

Dos:

- seek permission before using computing devices
- have a time limit for the use of computing devices
- practice netiquette on the Internet
- respect intellectual property right
- follow rules and terms of use of different websites

Don'ts:

- access websites that have age restrictions (for e.g. many social media sites have age limit for setting up accounts to comply with international regulations on children accessing social media).
- share password with others
- share personal information online
- meet strangers face to face without parents' knowledge
- spread rumours and say mean things online

N avigate the internet with your child to understand his/her use

- Surf the Internet with your child so that you know what he/she does online and whether he/she is involved in age-appropriate activities. This will help to hone your child's skills to translate his/her understanding into actions which he/she can later apply should he/she face similar situations.
- Highlight to your child not to respond to anyone who says something inappropriate and he/she should immediately leave any site if he/she feel uncomfortable.

T alk with your child about his/her internet use

- Get your child to share with you his/her favourite online websites, things he/she do online and what is cool amongst his/her friends.
- Talk to him/her about his/her online experiences. (For example, discuss about the benefits and risks of the Internet, share how people connect and communicate with one another through the Internet).
- Let your child know that it is alright to ask you questions or talk to you if he/she run into problems with someone online.
- Download the [C-Quest game app](#), which facilitates conversation between parents and children on cyber wellness, from the iTunes Store / Google Play.