Digital 5 A Day

To help parents and carers support their children to enjoy the benefits of an online world, the Children's Commissioner launched the 'Digital 5-a-day' campaign.

Based on the NHS's evidence-based ''five steps to better mental wellbeing', the digital 5 a day campaign gives children and parents easy to follow, practical steps to achieve a healthy and balanced digital diet to promote a positive relationship with technology.

To learn more about the Digital 5 a day campaign, visit the Children's Commissioner website:

https://www.childrenscommissioner.gov.uk/our-work/digital/5-a-day/

Information about parental controls and how to keep children of all ages safe, visit Internet Matters:

https://www.internetmatters.org/

The Royal College Paediatrics and Child Health (RCPCH) have produced some guidance to help families negotiate screen time limits with their children:

https://www.rcpch.ac.uk/resources/health-impacts-screen-time-guide-clinicians-parents
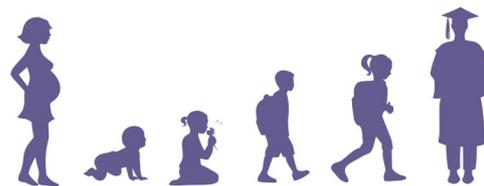
Lincolnshire Safeguarding Children Partnership

Be Mindful
If time online is causing stress or tiredness then take some time off and ask for help when you need it

The 'always online' nature of social media and gaming can sometime make children feel that they can't disconnect. With apps and games sometimes bombarding them with notifications, it can be really difficult for them to put their devices down.
Let them know it's OK to take some time away from their devices and that not every message needs an instant response. They should enjoy their time online but if it does become a stressful experience, they should also feel comfortable with some time away. Agree some time limits together and encourage them to monitor the time they spend on apps and games - many devices and apps now come with 'Digital Wellbeing' features to track usage.

Connect
Message, have fun and play with friends and family both online and offline

Communicating with family and friends is a huge benefit of technology and should enable everyone to have fun and chat with the people who matter most in our lives. But talking offline should never be replaced so always make sure that children know they can always speak to someone if worried, stress, frightened or if they feel under pressure. Using privacy settings on social media and having a chat about who they connect with online is helpful, but so is making them feel comfortable discussing the good and bad online can make it easier for them to tell someone when things go wrong

Be Active
Take some time off and get active—movement helps boost emotional wellbeing

Taking a break from technology can be good for all of us, make sure children have time to take part in physical activity and also take regular breaks from looking at their screens. Even if it's cartwheels, kicking a ball, swimming or a walk round the block - taking a break and doing something different can do them the world of good, helping to relieve the pressure of an always connected world. You could always try to combine the two by searching for activities or a club together.

Get Creative
Don't just browse the internet but use digital tools to create content, to build new skills and discover new passions

Many children and young people spend their time scrolling through endless pictures and videos but there are so many other creative ways they can soend their time online. Help them to use technology to learn something new, through a tutorial video, or to spend their online time using the creative part of their brain. Creating epic worlds in Minecraft, learning the latest dance craze, writing a novel, editing video, digital art - the list is endless!

Give to Others
Be positive online, report bad content and help others to balance their own 5-a-day

Encourage your children to be positive individuals but to always report any user posting anything nasty or bad, helping them keep their online space safer. They can help their friends identify when they may need to change their online behaviour or simple to take a break. We can help our children by learning how to block and report, but also to show how adults can also be positive online. Use social media to engage with local or national causes, and encourage them to do the same.