



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

Produced by Hulme, Moss Side and Rusholme School Readiness Sub Group



MARTENSCROFT  
NURSERY SCHOOL & CHILDREN'S CENTRES



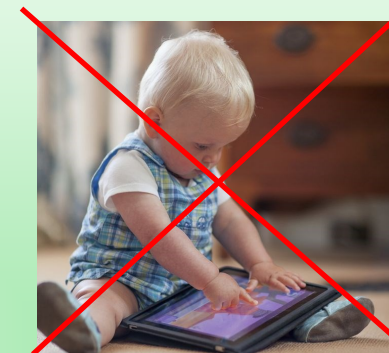
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## Stay safe online in the Early Years

0-2 years



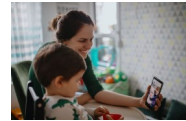
2-5 years **less than 1 hour**



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.

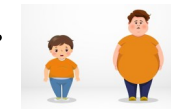
- Limits opportunities for talking to friends and family.



- 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)

