



## Create your own Family IT policy for Under 5's

### The big issues

- Create boundaries and rules for the amount of time your son or daughter can spend online. It's never too early to start putting limits into place.

### The basics

- Choose an appropriate homepage on your family computer or table – for example, [bbc.co.uk/cbeebies](http://bbc.co.uk/cbeebies)

### Worth Checking

- The educational apps, games and TV shows on offer for pre-school children, and the age ratings and descriptions for them.

### Talk it through

- Share your technology rules with grandparents, babysitters and older siblings, so that they stick to them when they look after your child or use the family computer.

### And finally.....

- The rules and conversation you have now will set the tone for your child's internet use as they get older.