

Create your own family IT policy for 6 – 9 year olds

The big issues

- Compile a list of websites they're allowed to visit, and make sure they know why some websites are safer than others.

The basics

- Set parental controls on internet browsers by creating a user account for your child with appropriate settings. Check out Google's safesearchkids.org for stress-free browsing.

Worth Checking

- Online virtual worlds for children of this age, such as Disney's clubpenguin.com and moshimonsters.com/parents

Talk it through

- Discuss the benefits and limitations of using the web to help with homework and other school work.

And finally.....

- Other parents at your child's school are a source of information. Chat to them about how they help their children manage the digital world, and make sure you're all on the same page.