



ICT CONNECT @ Cove

Nov 2018

Fun for the Holidays!



How much of screen time is too much?

Digital learning can enable your children to take full advantage of the rich resources on the internet. However, excessive exposure will disrupt daily living and family relationships.

18 months or younger	18 months to 2 years	2 to 5 years	6 or older
No screens are still best.	Limit screen time and avoid solo use.	Limit screen time to an hour a day.	Place consistent limits on the time spent and types of media.
The exception is live video chat with family and friends.	Choose high-quality educational programming, and watch with kids to ensure understanding.	Parents should watch as well to ensure understanding and application to their world.	Don't let screen time affect sleep, exercise or other behaviors.



- ❖ Know your children's online activities
- ❖ Learn the risks, know the trends
- ❖ Set dos and don'ts
- ❖ Be a good role model
- ❖ Communicate regularly and openly
- ❖ Help them use common sense and critical thinking
- ❖ Use internet filters
- ❖ Make informed media content choices
- ❖ Be their digital companion

For children six years and above: Experts suggest that it may be difficult to impose a restriction on time due to increasing demands such as the need to surf the internet for homework. In this case:

- Set a schedule in consultation with your child on specific time periods that he or she can use electronic devices
- Make a firm decision on the o-limit hours such as bed time and meal times
- Walk the talk, set an example of what you expect of your child
- If you have more than one child and they need to share devices, consider setting a usage schedule to control usage

Digital parenting is not unlike real-world parenting in many ways. If you take care to understand your children, learn about the risks they face, set boundaries, stay involved, communicate and use common sense, you will do well as a digital parent.



Educational Holiday Activities



SCHOOLBAG
THE EDUCATION NEWS SITE

URLs:

<https://www.schoolbag.sg/story/fun-activities-for-children>

<https://www.familyeducation.com/entertainment-activities/activities-kids>

<https://www.verywellfamily.com/best-free-educational-websites-for-kids-3129084>

<http://learningworksforkids.com/2014/01/online-activities-for-helping-kids-with-dyslexia/>

<http://www.jumpstart.com/parents/activities>

http://www.bbc.co.uk/learning/subjects/childrens_learning.shtml

<https://kids.nationalgeographic.com/>

<https://www.nasa.gov/kidsclub/index.html>

<https://www.sesamestreet.org/>