

CHECKLIST

Is my child ready for a device?



Self Regulation & emotional readiness

- Can they follow simple rules and routines?
- Can they name and regulate their emotions in an age-appropriate way without hurting others?
Eg, deep breathing, shake it off etc when angry/frustrated



Balance and physical activity

- Does my child engage in regular movement or outdoor play for at least 60mins/day?
- Are they able to sit and focus for short periods without being overstimulated?
- Is my child eating a well-balanced diet with regular meals?
- Does my child get a consistent quality sleep? (approx. 8 – 10hours depending on age)
- Do they engage in activities/hobbies/interest outside of school like sport or creative interests?



Communication & Understanding

- Can my child express when something feels wrong or confusing?
- Have I discussed early warning signs and how to know when they are feeling unsafe?
- Do they have age-appropriate social skills or do they require additional support to develop healthy relationships both online and offline?



Safety Awareness

- Does my child understand the difference between public and private?
- Does my child know not to share private information online?
- Am I prepared to talk to my child about inappropriate online content?
- Have I set up parental controls and safe browsing tools and am I prepared to regularly check in and update these?



Family values

- Have I considered the pros/cons of being online? Costs - reduced time as a family, less physical activity. Pros – connection with friends/family, educational benefits, family fun
- How will we check in as a family and assess if things become out of balance?