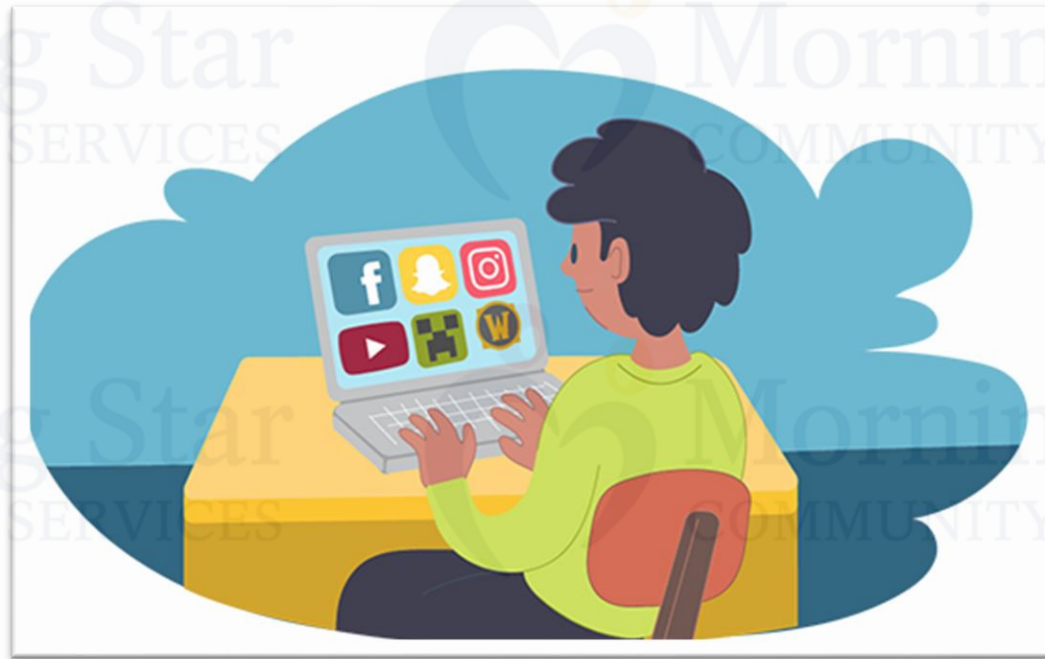# Transition to P1 – Cyber Wellness
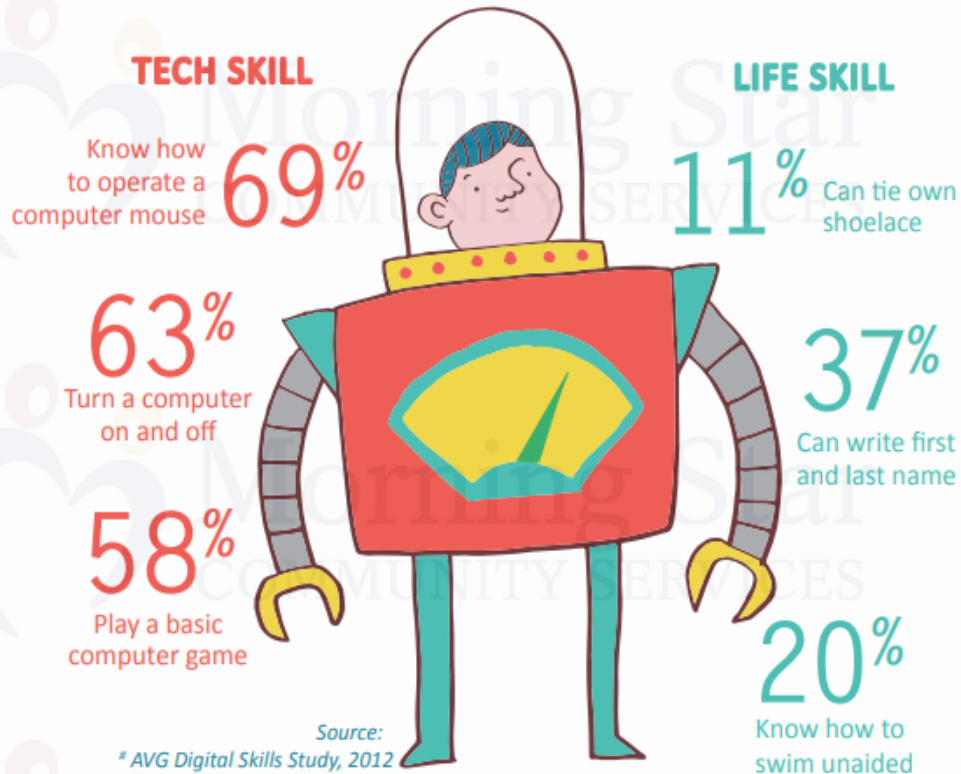
Introduction

- Speaker

- Fellow participants

WE'RE LIVING IN A DIGITAL WORLD

Study of children 2 – 5 years old:

TECH SKILL

Know how to operate a computer mouse 69%

63% Turn a computer on and off

58% Play a basic computer game

LIFE SKILL

11% Can tie own shoelace

37% Can write first and last name

20% Know how to swim unaided

Source: * AVG Digital Skills Study, 2012

* Technology is a kind of "co-parent".

* Too much screen time impedes childhood development.

* Parents' obsession with their devices is harming communication with their children.

Source:
* The Big Disconnect: Protecting Childhood and Family Relationships in the Digital Age, 2013

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How much time does your child spend on the Internet <u>in a day</u>?

Do you set limits with your child on Internet usage?

What does **responsible** limit setting for Internet or IT usage mean to you?

Time to complete homework

Decided by both parent & child

Homework first then Internet time

No Internet at all

Child has no say

Up to child to decide

Balance homework & Internet time

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What is your expectation from your child?

Which behaviours of your child are acceptable?

Overview

1. Preventive Teaching

2. Corrective Teaching

3. Teaching Self-care

Preventive Teaching

Preventive Teaching

What is Preventive Teaching?

Teaching and talking to children about expected behaviours regarding IT-related usage.

When to do it?

<u>Before</u> the problem behaviour is shown.

To <u>prevent</u> old problem behaviours <u>from happening again</u>.

Talk to the child when s/he is in <u>receptive mood</u>.

Preventive Teaching

Family Media Use Plan

1. Screen Free zones
2. Screen Free Times
3. Device Curfew
4. Choose and diversify media
5. Balancing Online & Offline time
6. Manners matter
7. Digital citizenship & safety
8. Sleep & Exercise

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Engaging children Offline

In public spaces

1. I-spy
2. Spot the differences
3. Shoot
4. Activity book, puzzles, jokes, riddles

Role Play

- Talk to your child about your expectations on Internet usage.

Steps to Preventive Teaching

1. Describe what behaviours you want to see.
2. Give child a reason for behaviours.
3. Share consequences for acceptable and unacceptable behaviours.
4. Practise with child to clarify understanding.

Preventive Teaching
Setting Limits & Boundaries (Sample)

Consequences	
Positive (Rewards)	Extra outdoor activities – tennis, hiking, cycling Extra indoor activities – drawing, painting, baking ***Expose child to alternatives to Internet activities.***
Negative (Removal of privileges)	Less Internet time. Less outdoor play time. Less TV time.

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Corrective Teaching

Corrective Teaching

… is attending to child's problem behaviours as it happens with teaching and practising alternative ways of behaviours.
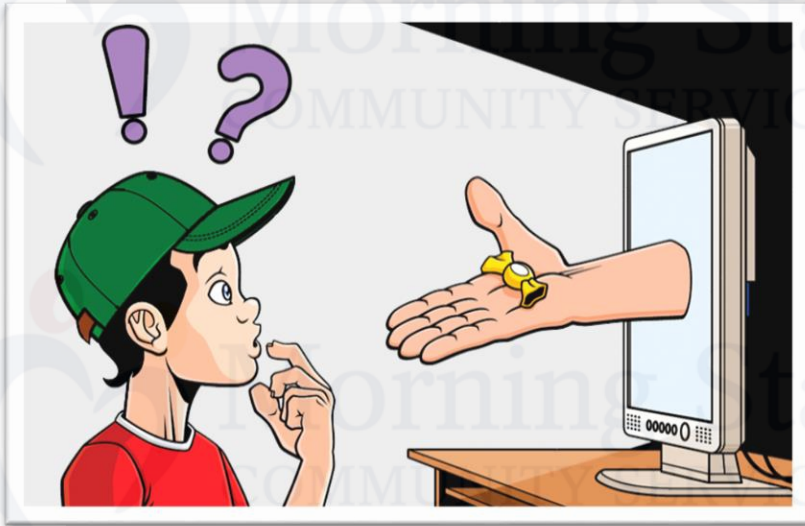
Steps to Corrective Teaching

1. Stop the problem behaviour.
2. Describe what you want.
3. Practise what you want.
4. Give a consequence.

Teaching Self-Care

Teaching Self-Care

* How much time can a child be online?
* Is personal information kept private?
Internet scams?
* To click or not to click on Pop ups?
* In-app purchases?

Supporting Self-Care

1. Install the necessary security tools like anti-virus and firewall
2. Use parental control tools to block Unsuitable content
3. Teach your child to recognize and avoid internet scams
4. Introduce rules and routines

Guide your child – In case of cyberbullying

1. Ignore
2. Take screen shots
3. Tell parent
4. Report

What parents need to do

Parents need to

Be good role models

Create safe online environment

Set up a safe environment to share views

Bring up online "smart" children

Share **1** main takeaway
from this session

Feedback

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Key in following URL:
https://tinyurl.com/OEPSTransition2023
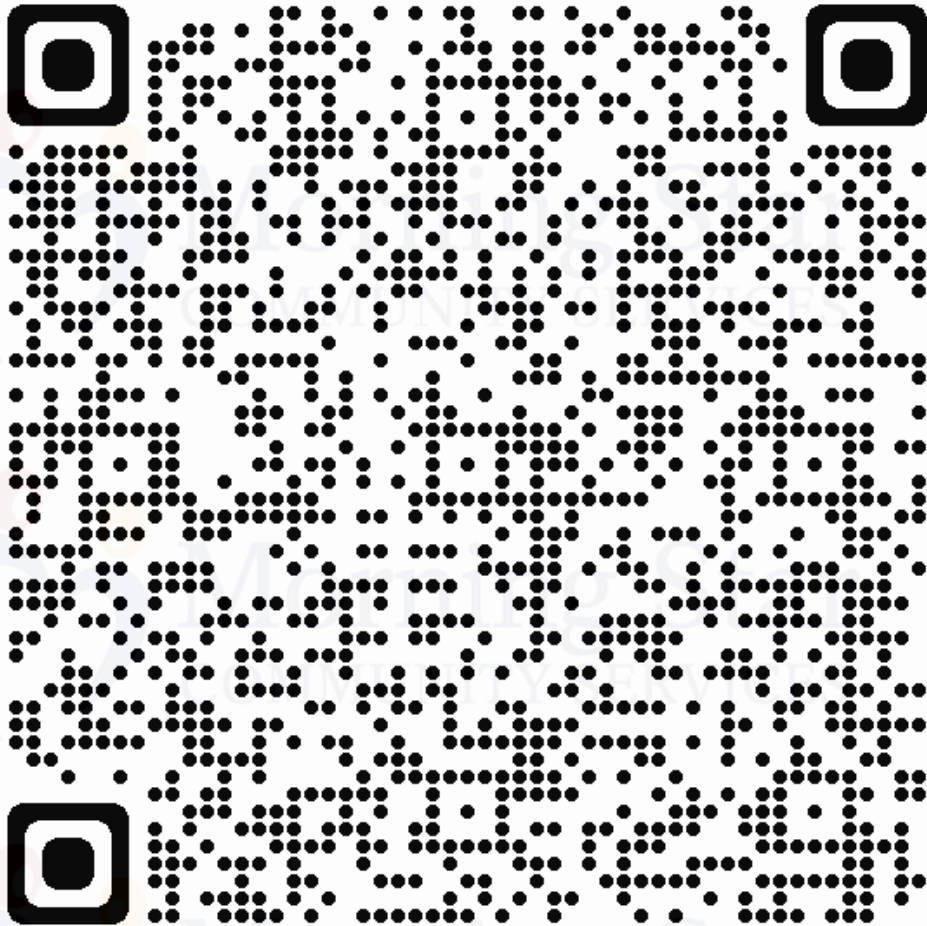
Parenting Survey

Scan QR code for simple Parenting Survey.

Our staff will contact you to recommend a suitable programme for you.

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Join us!
Parent Training and Support Group

https://www.facebook.com/groups/MSParentsTrainingSupport/