

4 Ways To Monitor Your Child's Device Usage

And Help Keep Them Safe

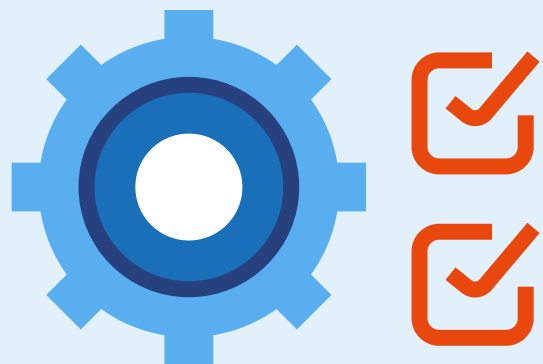
Initiate conversations



It's important to communicate openly and consistently with your child, making sure you check in with them on a regular basis. Set clear boundaries in relation to time limits, authorised websites and what to do if they run into trouble.

Enable parental controls

Most devices have built-in parental controls. Go to the device's settings and enable. These can allow you to set time limits, restrict access to certain sites and content, and passively monitor your child's location.



Set time limits

Restrict what times of the day, or what days of the week, your child can access the internet. The Australian Government recommends no more than 2 hours of recreational screen time per day.



Download online solutions

There are many technological solutions out there that can help you manage and monitor your child's device usage. Our top 2 recommendations are Family Zone and Circle.

