



Parent Pages

March 2026

Welcome back to the latest edition of **Parent Pages**. This edition '**Parenting in the age of screens**' follows on from Safer Internet Day, which the children took part in during Wellbeing Week.

It can be hard to keep up with the fast-changing digital world our children move through every day, especially when it is so different from our own upbringing and technology continues to evolve at a rapid pace. This edition aims to make those conversations easier and help you support your child with confidence.

I'm sure we can all identify when our children have had too much screen time, (we are all guilty of this from time to time!) there is a noticeable difference in some of their behaviours and responses. They can become angry, irritable and dysregulated. So how much is too much and how can we keep our children safe? Not only from the extensive dangers that lurk on the internet, but by protecting their mental health and wellbeing too? See below for practical tips and simple strategies to help you guide your child toward healthy, responsible screen habits at home and beyond.

If you feel you may need further support with this, or any other parenting topic, please do not hesitate to contact me using the details below.

Best Wishes,
Katie Kirby,
Family Support Worker



Parent Focus ~ Parenting in the age of screens



Screens are now part of our children's everyday lives, intertwined with school and home, from learning to socialising, relaxing and enjoyment. Whilst technology offers many benefits for our children, it can also present challenges regarding balance, safety and wellbeing. To best support our children in a digital world we need to think about not only balance, but also boundaries and connection. A few ways you could achieve this are:

- ⇒ **Establish screen boundaries** - Ensure to set age appropriate limits and screen free times (e.g. during meal times and one hour before bed). Always keep devices out of bedrooms overnight to protect sleep quality. For more information about screen time click [here](#) for advice from internetmatters.org
- ⇒ **Use parental controls to manage content, privacy settings and time limits** - Review this with your child so you can discuss and talk through why these controls are required, in an age appropriate way. For a guide to parental controls on Apple devices click [here](#). And for a guide on parental controls for Amazon Fire devices click [here](#).
- ⇒ **Talk Tech** - Talk regularly about what your child is watching or playing online. You could do this by asking non-judgmental questions (e.g. what is your favourite game to play/app to use?) Encourage them to tell you if something online makes them feel uncomfortable. For more information about starting family conversations about online safety click [here](#) for advice from the NSPCC.
- ⇒ **Watch and play online with your child** - Not only does this give you an opportunity to view their online interactions first hand, it also gives you time to connect with your child, whilst doing an activity they enjoy. For more information on keeping your child safe online click [here](#) to see tips and advice from UK Safer Internet Centre.
- ⇒ **Teach Digital Citizenship** - Inform them digital footprints are permanent. You could use the demonstration of the tube of toothpaste: give your child(ren) a tube of toothpaste and a plate, ask them to squeeze it all out. Then challenge them to put the toothpaste back into the tube. Explain that the toothpaste represents words, and the mess represents the harm caused to others. Discuss that whilst you can apologise and clean up the mess, the words cannot be unsoken, just as the toothpaste cannot fully return to the tube. Teach them about **kindness, respect** and **responsibility**; 'if you wouldn't say it to someone's face don't say it online'. If they are aware something unkind is being said to someone else, they have a responsibility to report it to an adult. If they cannot abide by these rules then you need to question if they are ready to be online.
- ⇒ **Balance life online and offline** - Encourage physical activity, clubs and getting outside. Ensure to make time for connection and face to face friendships and playtimes. Role model by putting your phone away during family time and designated screen free times. For tips on how to transition your child away from a screen without a meltdown click [here](#) for tips from Beacon Family Services.

To support you to understand your child in the digital age click [here](#) for 'What I wish my parents or carers knew', a guide for parents and carers on managing children's digital lives.

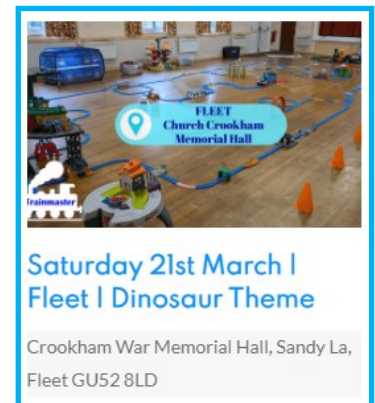
Mrs Katie Kirby - Family Support Worker

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Local events and places to visit...

In addition to these there are other events so it is also certainly worth googling to find some further ideas but to get you started why not consider the below, click the images or links for more information.



Positive Thinking

B By Brahma Kumaris Slough-Langley

St Paul's Church · Harmans Water, England

Saturday, Mar 21, 2026 from 2 pm to 3:30 pm

Miniature Modelling & Painting

Community Event

Monday, 16th March

12.30 - 15.00

Kincaid Gallery, The Rifleman's Museum

Quick reference family support & helplines....

Useful websites...

If you find yourself needing support click the links below for information you may find useful:

- ⇒ [Childnet](#)
- ⇒ [CEOP Education](#)
- ⇒ [Parent Zone](#)

Helpline... NSPCC

It doesn't have to be an emergency, you might be looking for guidance and support on issues affecting children. Whatever it is, the NSPCC's dedicated child protection specialists will listen, advise and take any action needed.

You can contact their helpline by calling **0808 800 5000**. The helpline is currently available 10am – 4pm Monday to Friday or you can email: help@NSPCC.org.uk 24/7 - you don't have to say who you are!

Alternatively visit the website: [NSPCC.org.uk](https://www.nspcc.org.uk)

App Recommendation of the Month... StayFree

[Click here for Apple/iOS](#)



[Click here for Android](#)

[Click here for Windows](#)

StayFree supports you to manage screen time and limit app usage. It can help support you on your journey towards productivity and self control. Whether you are a light phone user just looking for some interesting stats or a heavy phone user that is looking to break phone addiction, everyone can benefit from understanding their screen time and digital wellbeing.

StayFree can help you block apps and set thoughtful limits on your usage, schedule time away from your phone throughout the day and view simple breakdowns of your usage history to get a base understanding of how you use your phone.

If you have any suggestions for topics or content for these pages in the future, please do not hesitate to drop me an email and I will do my best to include requests...