

Five Ways Parents Can Support Children's Digital Wellbeing

Parents cannot control everything, but they can help shape the conditions in which children grow.

1 HABITS



Parents model and practise everyday habits that support healthier technology use — choosing when and where devices are used, taking breaks, and helping children finish and move on.

2 RITUALS



Parents create regular moments of connection: shared meals where possible, bedtime reading, regular outdoor time, shared play and time together without devices.

3 RULES



Parents set clear, age-appropriate boundaries and involve children increasingly as their understanding grows. For example: avoid sedentary screen use under two; keep screens out of bedrooms; and set boundaries around content, contact and purchases.

4 RELATIONSHIPS



Parents build trusting relationships with their children, model respectful interactions, and support connections with family, friends, school and community.

5 ENVIRONMENT



Families can shape parts of the home environment, but platform design, commercial practices and wider social pressures require action beyond individual households. At home, parents can make supportive choices while working within their family's resources and circumstances.



What parents can shape at home

Home routines, available safety settings, device locations, sleep spaces, family expectations and support from trusted adults.



What parents cannot fully control

Platform design, recommender systems, commercial advertising, peer pressures, school technology requirements and the wider online environment.

The goal is not total control.
The goal is to set children up for a healthy life.

As children grow, parents guide, support and stay involved. Companies, governments, schools and communities also have responsibilities.

Adapt device rules where technology is needed for communication, disability support or medical care.