



# Safeguarding and Child Protection at Mossy Lea



## HELPING TO KEEP YOUR CHILD SAFE ONLINE

No matter how young your child is, if they are using a device that has the internet- it is important to talk to them about people who contact them online.

We understand that you can't always be there with them, although if they are 11 and under we would always recommend that their device is used in a public space, making it all the more important that your child knows that they can come to you if someone online says or does something that makes them uncomfortable, worried or upset.

**Have an ongoing conversation:** Continue to talk about the apps, games and sites they like to use, and what they like and don't like and any concerns about being online. Discuss with them when to unfollow, block or report. For help starting this conversation, read having a conversation with your child:

<https://www.thinkuknow.co.uk/parents/articles/having-a-conversation-with-your-child/>

**Make sure they know where to go for support:** Remind your child they can always speak to you or an adult they trust if anything happens online that makes them feel worried or upset. Remind them that they won't be in trouble at that you are there to help.

**Make sure they know about NCA CEOP:** Young people can report a concern about grooming or sexual abuse to NCA CEOP at:

<https://www.ceop.police.uk/safety-centre/> and get support from a specialist Child Protection Advisor.

## SOCIAL MEDIA SAFETY GUIDES

Some useful safety guides, new features etc. to keep your knowledge up to date!

### TikTok app safety – What parents need to know (Internet Matters)

<https://www.internetmatters.org/hub/esafety-news/tik-tok-app-safety-what-parents-need-to-know/>

### Instagram – Addressing harmful content and screen time

<https://saferinternet.org.uk/blog/instagram-new-features-addressing-harmful-online-content-and-screen-time>

### Parental Controls

<https://www.internetmatters.org/parental-controls/>

# Coping with difficult behaviour at home

## Set Clear Rules

Your child's behaviour will improve when they know what the rules are, so they can stick to them. So try to respond in the same way every time. Say what you want your child to do, clearly and in a way they'll understand. Repeat it if necessary. And if your child doesn't do as you wish give them an appropriate consequence – so they'll know not to do it again.

### **Explain your actions**

Choose a consequence that fits the situation, for example, if your children are arguing over a toy, take away the toy. Explain why you are taking the toy away. Stick to what you said, and when 5 minutes has passed give them back the toy so they can show you they can behave in the way you want.

### **Use a calm voice**

When they misbehave take a deep breath and use a quiet and calm voice. Your child is far more likely to listen to you if you are in control - shouting will only make you angrier and upset your child.

### **Don't compare your child to others**

Every child is different and it's important not to compare your child to others. You know your child best and you can help them understand good behaviour by setting rules and creating boundaries.

## Show affection

Whether it's a hug, a kiss or a wink; all forms of affection can help children feel cared for, loved and build their confidence. Enjoy being with your child. Spending time together and doing different activities like reading and playing will help you form a healthy relationship with your child.

And don't forget to praise good behaviour. If you praise the behaviour you want, your child is more likely to repeat this.

## Look After Yourself

Being a parent can be draining, especially when you're juggling lots of things. Try to find time every week to let yourself unwind or do something that you enjoy. It's much easier to take care of your child, if you take care of yourself too.

It's difficult to be a calm and relaxed parent if you're stressed, tired or anxious. So make sure to give yourself some quality time, even if it's only a couple of hours.

For more information go to:

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/cope-with-tantrums/>