

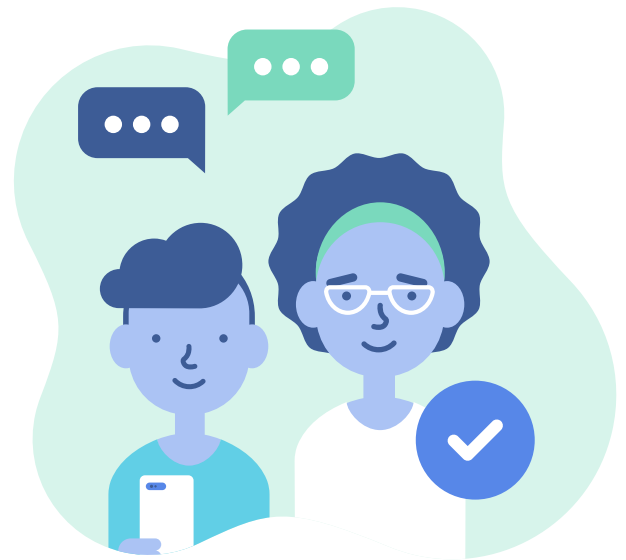
A positive start

Start off on a positive with your child, so you can make the most out of social media.

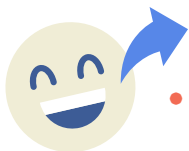
5 things to consider before they start

All social media apps have rules about the age of users. Your child may have a different emotional or cognitive age from their physical age.

1. How **robust** are they emotionally?
2. Are they **easily upset** or **very trusting**?
3. Their emotional maturity **may be different** from their physical age.
4. **How well does your child remember** what they have learned?
5. **You may need to repeat the message**, reward them for following it and reinforce the message frequently.



Activities to try



- Draw and send a thank you note using social media



- Share photos of a day out

- Skype family members



- Share a video you both find funny



- Bake a showstopper cake and share a photo of it



- Sing a song together in a short video and share with someone



- Send birthday wishes to a special someone



- Share funny gifs

