

Where to go for good content

Parents and carers have an important role to play in shaping what their children watch and do online. Sometimes it's quality not quantity that matters most.

Many online streaming services use viewing algorithms that respond to the choices and interactions children make by serving them more of the content they like.

If your child spends a lot of time watching just one type of program or playing the same game, then it might be time to add a bit more variety. Encourage your child to make active choices and talk about what they watch and engage with online.

Quality content means different things to different people, so decide what is important to you and your family and try to inject a little more of this into your child's screen time.

Depending on their age, you could suggest they search for different things or help them type different search terms, or you could turn to trusted providers of safe and high-quality children's programming and online content.



What to look for

Look for apps, games and content that:

- foster values of friendship and respect
- provide opportunities for learning, such as recognising sounds, pictures and letters
- promote creativity and exploration, rather than repetitive actions
- include a balance of female and male characters

Where to go

Common Sense Media ([commonsensemedia.org](https://www.commonsensemedia.org)) provides age-based reviews of apps, games, websites, movies, TV shows, online channels and streaming services.

You can find good content for under 5s at these providers:

ABC Kids — abc.net.au/abckids

CBeebies — [cbeebies.com](https://www.cbeebies.com)

PBS Kids — [pbskids.org](https://www.pbskids.org)





eSafety Commissioner

esafety.gov.au/early-years