

TOP PARENTING TIPS

Keeping Safe: We all want to make sure our children stay safe and there are simple steps that can be taken to ensure this happens.

- **Home safety!** Window locks, plug covers, stair gates are all available to buy in the shops. Contacting your local Children's Centre can give you some home safety and advice and resources.
- **Internet!** This can be a source of concern for most parents. There are lots of resources available so have a look online. Remember that social networking sites do have age restrictions for a reason and adhering to these can help keep your children safe from dangers such as bullying. The Police have a specific unit for internet safety and can be a helpful source if you feel that your child is already having problems in this area.
- **Communication!** Simply keeping the lines of communication open between you and your child can be key to keeping them safe. If children feel that it is OK to talk to you without getting into trouble or scaring you, they are more likely to share their worries or fears with you.
- **Knowledge!** Knowledge can be power and keeping as up to date as you can with the latest technology can ensure you are able to keep track of what your children are doing. Understanding how social networking sites work, privacy settings, parental controls, instant messaging such as BBM and WhatsApp can help you protect your children from becoming vulnerable online.
- **WWW.-** Don't be afraid to ask who, what, where and when your child is going out and about- where are you going? Who are you going with? What are you going to do? And be back on the DOT!

These tips are some ideas to support parents, to find out more about the work the council does to support local families, or for more information please go to www.centralbedfordshire.gov.uk/families

