

How to help your child game safely

Supporting children aged 5 & under

internet
matters.org



Quick top tips

1

Research what games are available. Digital games are increasingly popular with younger children so it's important to research age-appropriate games that are available for your child.



2

Know your PEGI ratings. Learn more about what ratings mean to make the right choices on suitable games for your child to play. Avoid games that involve playing with others online.



3

Review in-game purchases. Some games feature in-game purchases. Check what costs may be involved to avoid getting caught with a big bill. Set controls to restrict in-app purchases as well.



4

Mix and match types of games. Keep them engaged and learning by giving them a varied diet of educational games - from teaching them basic Maths to reading and problem-solving to help them develop their skills.



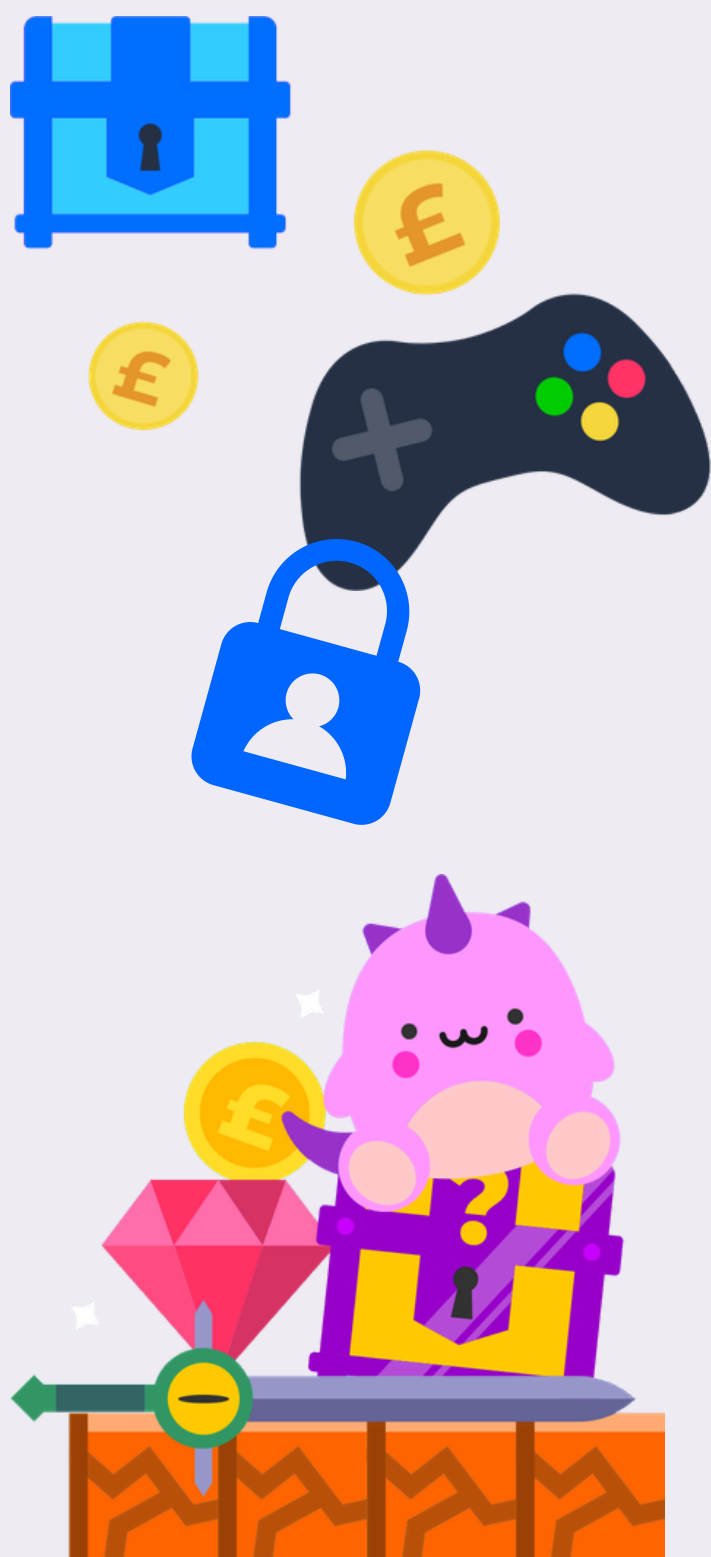
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Use a family agreement. Agree together on clear boundaries on what games they can play, when and for how long. This can help them stay safer while playing games. Review the agreement as they grow to make sure it still works for your family.



How to choose a game

- **See what other parents and organisations say about the game.** Read online reviews by parents and use the [Family Gaming Database](#) for support.
- **Look up the PEGI rating.** More than just the age rating, the [PEGI website](#) also provides advice for individual games.
- **Check out the parental controls.** Explore what controls and safety settings the game has to give you extra control over what your child can access.
- **Put slow pacing and education first.** At this age, it's best if screen time is educational. [Choose games which are slow, repetitive and developmentally supportive.](#)
- **Play new games together.** Whichever game you choose, stay with them as they play, especially at first. Talk through their actions, reactions and positive play.



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