

### **Every parents dilemma – Is this appropriate for my child?**

I am sure your child at some point has asked to play a game or watch a tv program which you are not sure about and leaves you trying to work out if it is okay for your child. Many of you may have had your child tell you that all their friends are watching it/playing it as a way of pressuring you into saying yes. There are websites out there which can help make that decision making easier. For example try 'common sense media' (<https://www.common sense media.org>) to look up programs and games including You Tube channels to see if they are appropriate for your child's age. The site gives you a synopsis of the program/game as well as giving you reasons for their recommended age. It also shows you what other parents and children think. For instance children may be drawn to the YouTube channel 'SuperMario Logan' but the site recommends this for children over the age of 17 and other parents and children have voted it 13+ therefore unsuitable for primary age –children.

Every child is different and you know the maturity level of your own child but this information helps you to make that decision.

Please do come to talk to us for advice in confidence as we will be happy to help and support.