



**“Treat your password like a toothbrush - dont let anyone else use it, and get a new one every six months.”**  
- Clifford Stroll

## There are many benefits to making and maintaining friendships

We will be expanding the rollout of our SeeMore eSafety program over the the term, so watch out for SeeMore eSafety resources arriving in the mail at an early education center near you. Check out what’s available online by scanning the QR Code.



We all tend to spend more time indoors during winter, so the temptation to spend more time online is stronger. Remember, it is important to not spend too long in front of screens and on devices - one or two hours at a time is more than enough!

If it’s too cold to go outside or too far to travel, try exploring these virtual world interactive play spaces to learn new things and have fun. Remember to be safe, kind and make good choices online!



HMB Endeavour  
Virtual Tour



Victoria Zoos



Sydney Virtual  
Aquarium



The Great Wall of  
China

## Supporting Children to Develop Friendships

The SeeMore Safety Program is made up of colourful children’s books written by Dr Susie O’Neill. The full range of these books, also available as audio / listening books, along with a range of activities and games are free to access on your chosen device in the KIDS Foundation’s



### SeeMore’s Tips for staying safe online

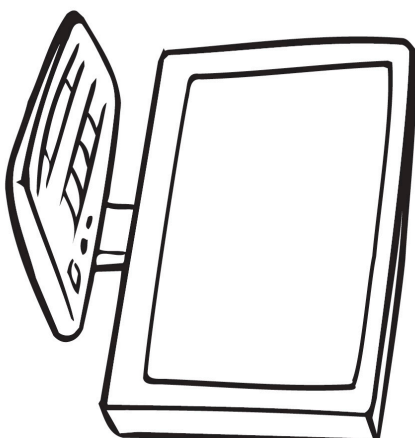
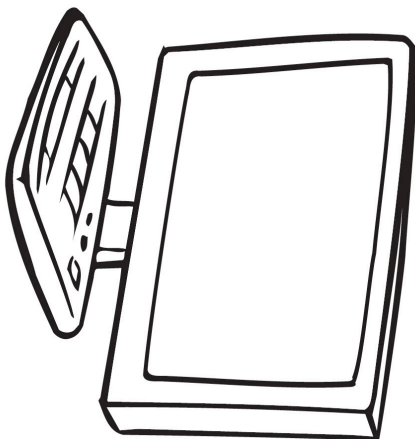
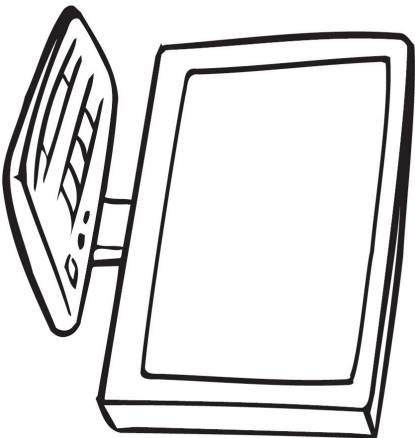
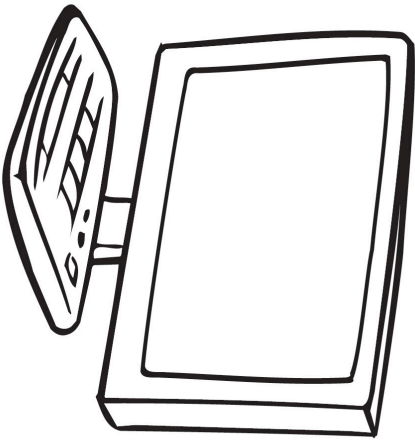
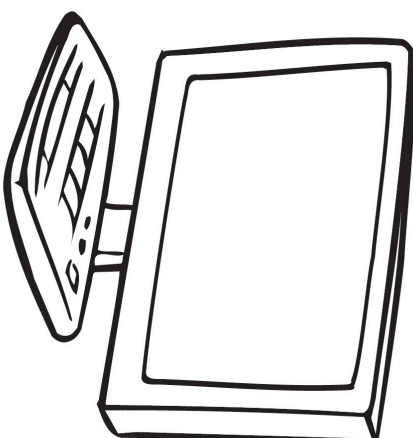
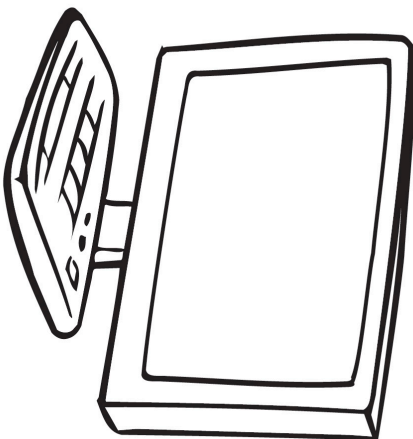
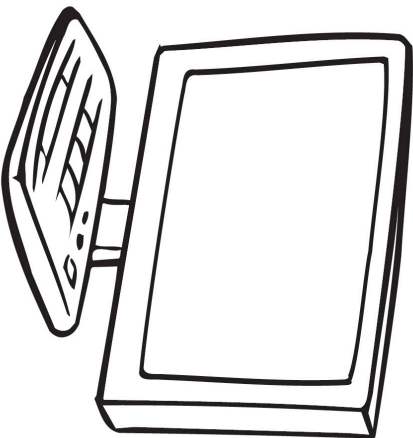


- Keep online devices in family areas
- Have designated times to use devices and set time limits
- Only talk to family and known friends online
- If something unusual pops up, show an adult
- Dont give up personal information
- If you’re ask an adult about the devices you’re on

### Try these fun activities to keep kids occupied indoors:

- Board Games - swap with your friends or neighbours and try some new ones
- Create a scavenger hunt list - make your own or Google some new ideas
- Build a cubby, nest, fortress or hideout using sheets, blankets and furniture
- Turn a cardboard box into a vehicle, train or spaceship and go on pretend adventures
- Play hide and seek - hide yourself, a toy or a treat!
- Download an audio book
- Hold a talent show - get everyone to practice their talents or create a dance routine and perform it!

Set a timer for 15 minutes. Once the timer is up, colour in a computer. Set your timer again and repeat. Once all the computers are coloured in, that's enough screen time for the day!



Spot the difference!

