Facebook/Instagram: Guide for parents

The Facebook Parent Portal and Instagram Parent’s Guide can help parents and caregivers and include details on how the apps work, tips on talking to your kids and advice from experts.

**Stay Involved In Their Digital World**

Spend time with your kids online. If your kids like playing video games, sit with them while they are doing this. If you have to be on Facebook or Instagram, have a discussion about friendship or following them. Talk to them frequently about what they are connecting with and what they are sharing. Let them know they can always talk to you or anyone else who can connect with them.

**Use Privacy And Security Settings**

Facebook, Instagram, WhatsApp and Messenger have settings to give people control over what they share, who they share it with, what they say, and who can connect with them. Many of these are turned on by default for everyone, but you should review through the privacy and security settings regularly.

**Learn From Your Kids**

Technology evolves constantly, and young people are fast adopters. If your kids start using a new app, ask them to show you how it works. It’s an opportunity to connect with your child, see what they are doing online and have a conversation about online safety. You should also do your own research on the app’s privacy, safety and security features. The zero-waste movement has been deeply influenced by a western feminist and we need to provide a refreshing and much needed Indian perspective on zero-waste living in India,” she added.

**Lead By Example**

If you set a rule like “no screen time after 6 pm or 7 am in the bedroom”, you should try to follow this too.

**Set Family Rules**

Agree as a family on the rules for using devices, accessing the internet and social media and be clear on the consequences for violating these rules. Depending on the age of your kids, you may have to make a few compromises (such as inapplicable consequences) of sharing certain types of content like online anxiety therapies.

**3 Things to Never Keep in a Child’s Room, According to Paediatricians**

While a playground or a child’s bedroom can be a space where they can explore and experiment, under the condition of supervision and sound judgment, you can also use some additional things that you keep away from them and teach them to control and manage their emotions.

**Furniture**

Install heavy artwork, mirrors and unstable, heavy furniture on the wall and keep them away from a child’s room. Playpens are a better option for keeping a baby safe. This is one child utility that divides opinions. While many view it helping to keep a child away from others, others feel that it may hinder a child’s growth and allow them to use their imagination.

**Baby Walkers**

Many parents believe that the best way to keep things in order is to keep a baby walker. However, this may hinder the child’s movement in unstable places and bump into walls when unsupervised. A baby walker is also a risk for hurting their head and causing damage within 15 minutes of using it. So, try to use baby walkers in moderation.

**Decorating a Child’s Room Is Eventually, Not the Play’s**

If you are going to decorate the child’s room, do not focus on the play area. Instead, focus on the overall look and feel of it. You can add some posters of their favorite characters, some plants, or a cozy corner for them to read in.

**Skincare and Cosmetics**

Try to go organic whenever you can. Make your own. A lot of Indian brands offer quality, multi-purpose products that offer skincare benefits as well.

**Clothes**

You can swap plastic hairbrushes with natural neem leaves, and use washable cloth instead of single-use face wipes and sheet masks.

**Fragrances**

Use natural essential oils, acrylic or resin. Buy less frequently and renew with the season.

**Toiletries**

Switch to bar soaps and shampoos that are less noisy.

**Green Life**

Embrace these sustainable lifestyle alternatives.

- **Clothes**
  - Use less instead of more.
  - Acrylic or resin. Buy less frequently and renew with the season.

- **Fragrances**
  - Use natural essential oils, acrylic or resin.

- **Toiletries**
  - Switch to bar soaps and shampoos that are less noisy.

**Minds Teasers (Maths Quiz)**

- **Q.1**
  - The hypotenuse of a right-angled triangle is 10 cm longer than one side and 5 cm longer than the other side. If the hypotenuse is 10 cm, what is the length of each side?

- **Q.2**
  - What is the angle which measures between 80° and 90°?

- **Q.3**
  - The area of the square of side 10 cm is:

- **Q.4**
  - The probability of getting two cards appearing on the same time is:

- **Q.5**
  - Arrange the names of the highest scorer, the second highest scorer, and the least scorer in alphabetical order.

**Family Time**

**FAMILY TIME**

**THURSDAY, MARCH 4, 2021**

**Ralph Malo Dhoisen, Post**

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