

# Creating a positive space at home

A positive learning space helps children feel more comfortable when using devices. It can reduce physical strain and make online activities more productive

## Lighting

Make sure there is enough light to comfortably use devices and see the screen.

## Equipment

Reduce interruptions by keeping equipment your child needs close by.

## Work at a table

Using devices on a couch or bed causes discomfort. Working at a desk or table is ideal.

## Add colour

Colourful pens and stationary help study spaces feel more personal and fun.

## Routine

Establish a routine with your family that includes time for social, cultural and community activities. Every family is different, find what works and be open to change.



## Be a good role model

Be mindful of your habits and behaviours. Set a good example for your child when using devices and technology.

## Sharing devices

If you share devices between family members, create profiles for each person. You can set privacy settings, save work and monitor access to content through different profiles.