

# 'What I wish my parents or carers knew...': A guide for parents and carers on managing children's digital lives

Parenting today can feel overwhelming — especially when childhood looks so different from what we grew up with. There's no manual, and it can be hard to keep up with the fast-changing digital world your child moves through every day. This guide aims to make those conversations easier and help you support your child with confidence.

<https://www.childrenscommissioner.gov.uk/resource/what-i-wish-my-parents-or-carers-knew-a-guide-for-parents-and-carers-on-managing-childrens-digital-lives/>

