

Celebrate Your Child's Moments with Mindful Sharenting

Learn how to share your child's milestones mindfully while safeguarding their privacy and well-being.

What is Sharenting?

'Sharenting', combining 'share' and 'parenting', is the habitual use of social media to share news, images or videos of one's children.



While sharenting can

- Keep loved ones informed about your child's life
- Capture everyday moments as precious memories
- Provide a platform to seek support from like-minded parents and caregivers



It may run the risk of

• Endangering Online Safety and Privacy

Even seemingly innocuous posts may reveal personally identifiable information such as their full name, birthdate, school, or intimate content, which may lead to bad actors [stealing your child's identity](#), or [placing your child's photos on child exploitation sites](#).



• Impacting Your Child's Digital Footprints

Your posts contribute to your child's digital footprint, potentially affecting them in the future. Remember, a deleted post may still live on in screenshots or digital archives.

• Affecting Your Child's Mental Well-being

Your child may be embarrassed by a seemingly innocent post, affecting their personal development and self-esteem, especially if shared without their consent.

Tips for Mindful Sharing

Selective Posting

Consider how your child might view the post in the future. If your child is old enough, show what respectful behaviour looks like by seeking their permission to post.

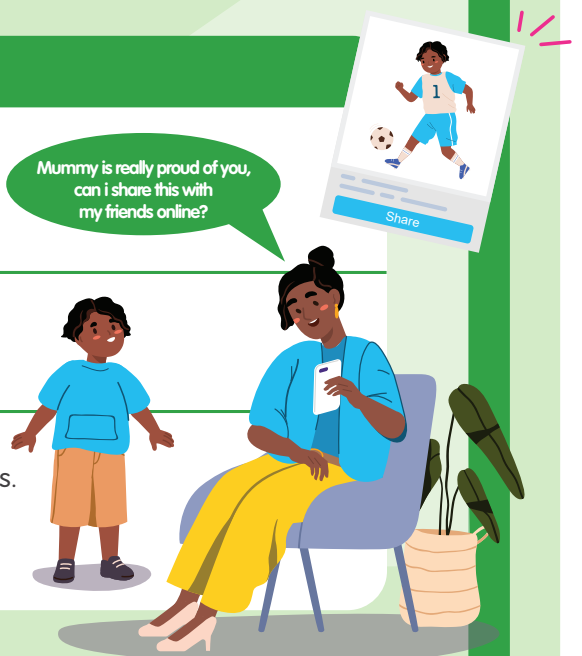
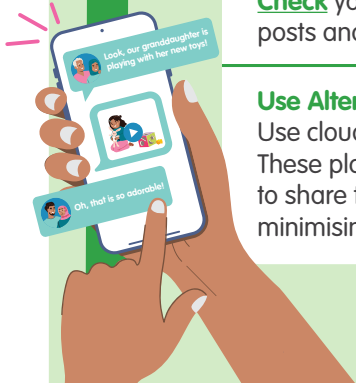
Mummy is really proud of you, can I share this with my friends online?

Adjust Your Privacy Settings

Check your privacy settings to control who can see your posts and prevent oversharing.

Use Alternatives to Store Memories

Use cloud services or private group chats to store memories. These platforms offer robust privacy controls and allow you to share the memories with a select group of people, minimising the risks of sharing online.



By sharing mindfully, you can celebrate your child's important moments without compromising their privacy and well-being.

