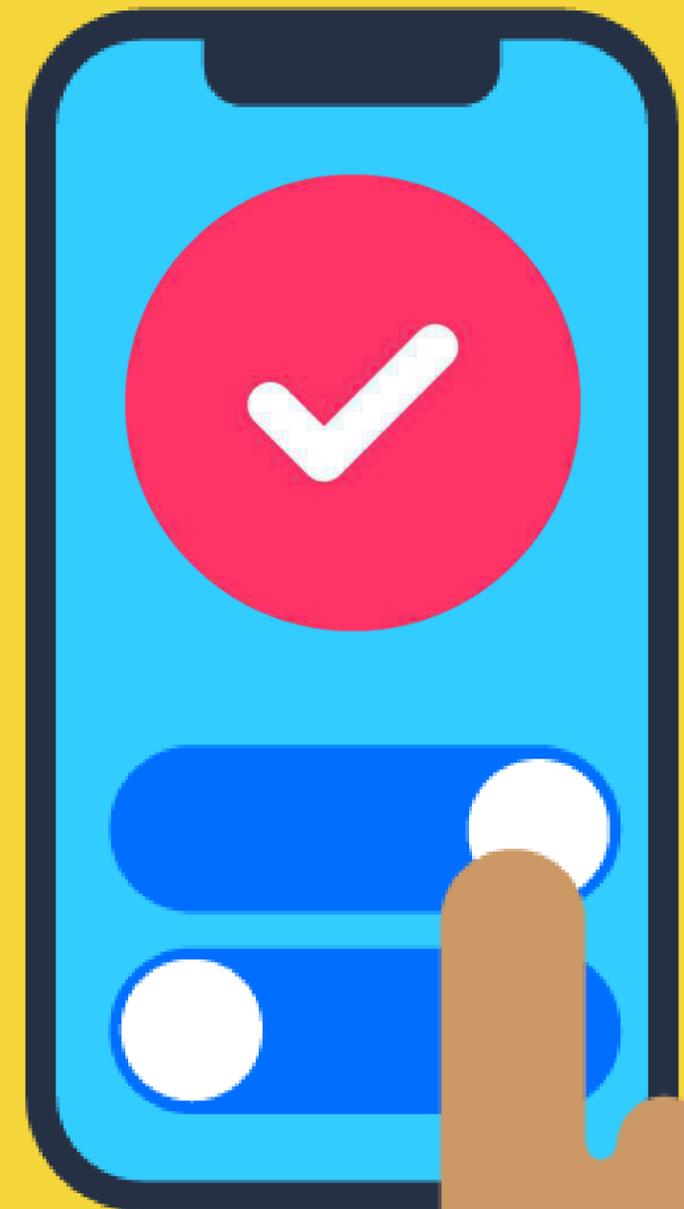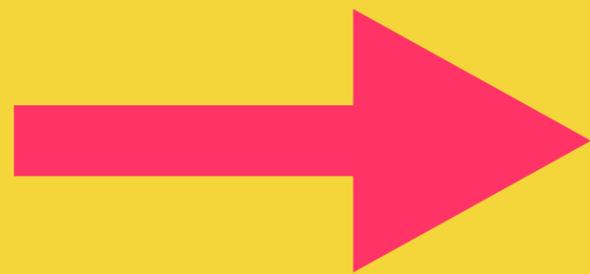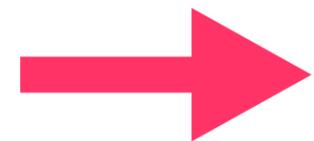# How to choose new apps for your child

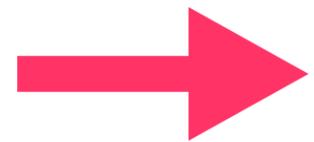A guide to supporting varied interests and skill-building
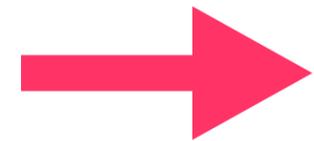
What's in this guide?

→ **Creating a balanced digital diet**
Learn about balancing screen time and how it supports children's digital wellbeing.
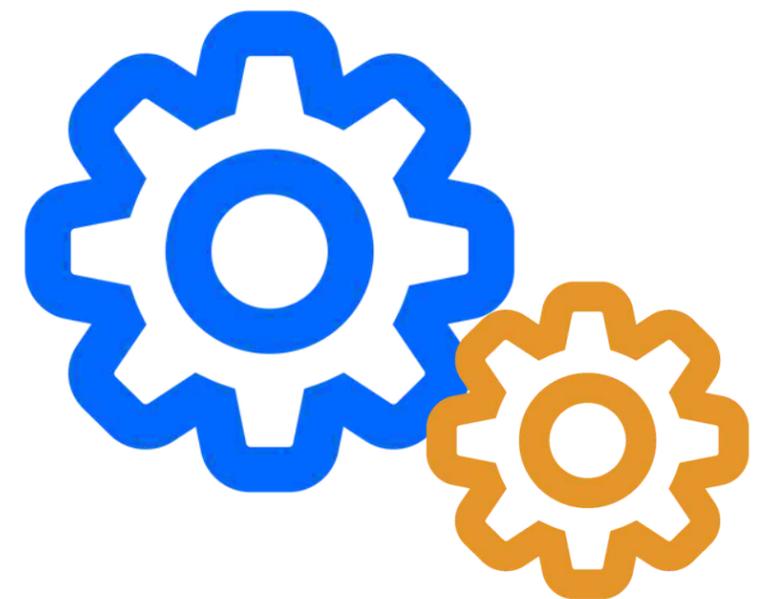
→ **5 tips for choosing the right apps**
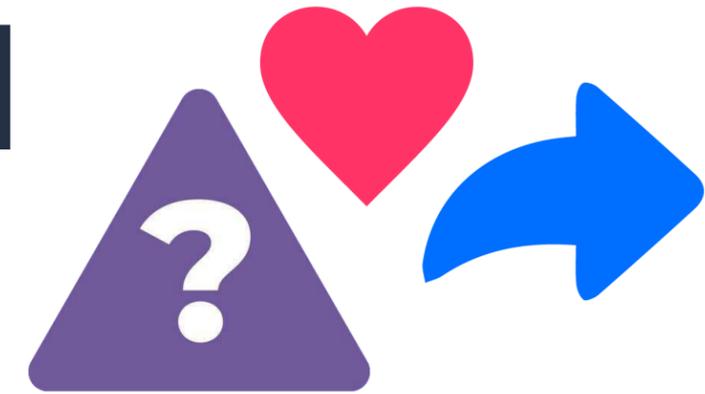Get advice on finding new and interesting apps for your child or teen.

→ **Types of apps**
Explore apps that children and young people can use to develop their interests.

Creating a balanced digital diet

When it comes to balancing screen time, it's important to consider how children use their devices. Learning and creating, for example, is far more beneficial than consuming content on social media.
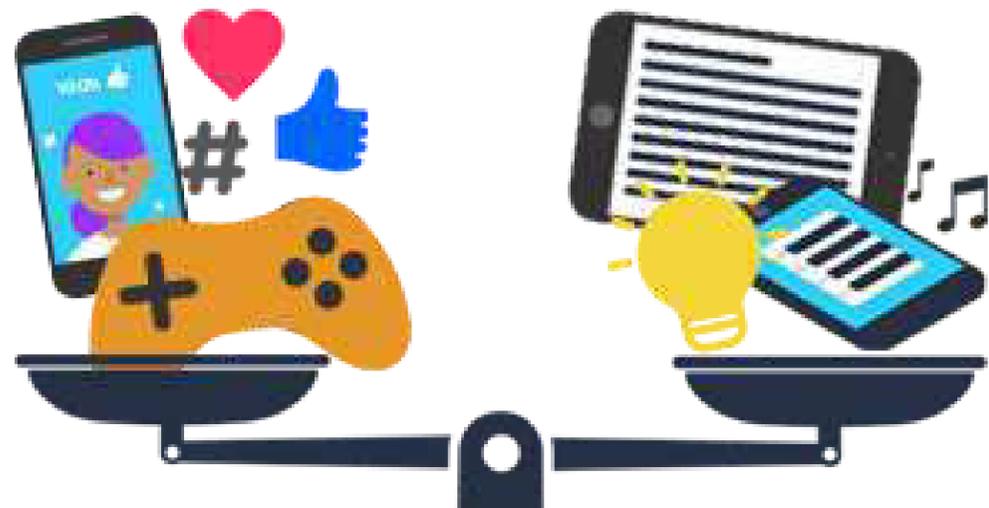
Creating a balanced digital diet is about finding apps and games that support children's development while they're online.

Children need help to find a range of apps to support positive digital wellbeing and skill development.

Learn more about creating a balanced digital diet here.

5 tips for choosing the right apps

➡ **Consider age and development**

➡ **Think about children's interests**

➡ **Look for apps that help them learn**

➡ **Consider the social aspect**

➡ **Read reviews**

Consider age and development

Some apps are designed for younger children, while others are more appropriate for older kids.

It's important to choose games that are age-appropriate for your child, both in terms of content and difficulty level.
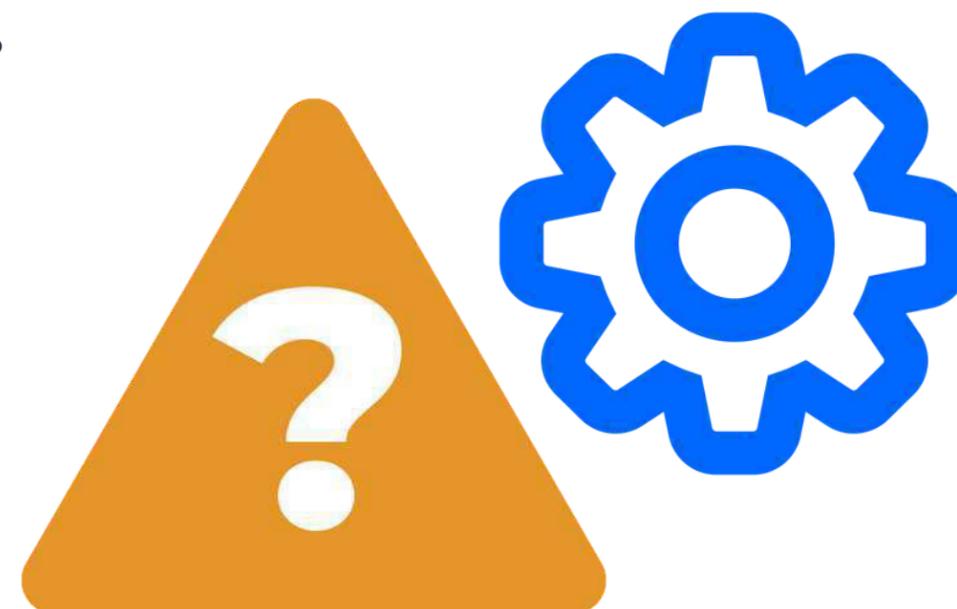
Remember that age ratings follow in line with children's development levels. However, you know your child and their abilities and needs best.

Think about children's interests

Choose apps and games that match your child's interests to get them on board.

What are they passionate about? What do they enjoy learning? Why do they enjoy the apps they currently use? What would they like to explore?

When looking for new apps or games, make sure you get their input too. They're more likely to explore apps and games they have a say in getting.
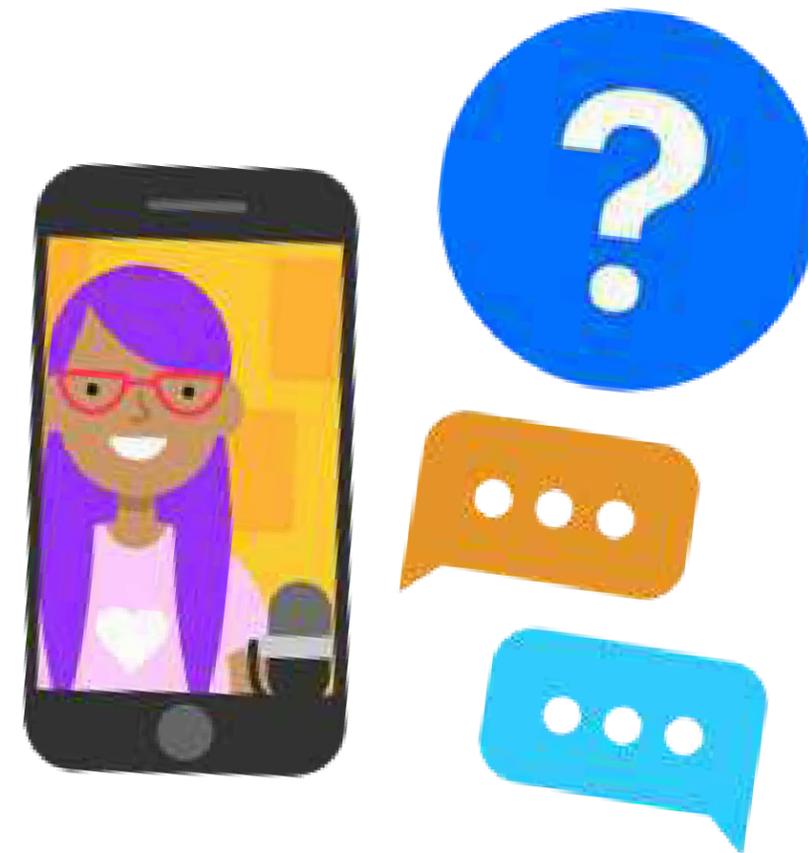
Look for apps that help them learn

There are many great educational games available to help children learn about a variety of subjects, including STEM.

Do your research about what you want them to learn and what they want to learn. What do they like learning about and what might they like learning about?

Get their input, try it out together and then decide on what comes next -- keeping the app or moving on to something new.

Get advice here from digital experts on encouraging children to learn different skills online.

Consider the social aspect

If communication and connection is important to your child, consider multiplayer games or teamwork apps that let children play with friends or family members online.

Some games and apps offer more social options than others.

For some children, especially those with Autism, ADHD or other neurodivergences, online communication is much easier than offline. So, choosing apps and games with this element provide them with a safe space to communicate.

Read reviews

Reading reviews is a great way to get an idea of what other parents think of a particular app or game before you buy it.

There are many websites and apps that offer parents reviews of games and apps.

Additionally, apps downloaded from the Apple store or Google Play have user reviews to help you make your choice.

If you don't have the budget to buy new apps, remember there are a range of free apps too.

Types of apps

→ **For building skills**

→ **For supporting wellbeing**

→ **For staying active**

→ **For entertainment**

For building skills

Children can learn a range of skills from free and paid-for apps available on iOS, Android and video games consoles.

STEM skills

Help children learn skills in Science, Technology, Engineering and Maths (STEM) to keep up with the changing digital landscape.

See STEM apps ➡️

Literacy skills

Support children's reading and writing skills along with letter recognition, phonics and learning new languages.

See literacy apps ➡️

Creativity and art skills

Support interests in drawing, storytelling, video creation and more.

See creative apps ➡️

For supporting wellbeing

Children and young people can learn how to manage their wellbeing online and off with a range of available apps.

General wellbeing ➡

Manage anxiety ➡

Support sleep ➡

Counselling and therapy ➡

Learn about emotions ➡

Physical wellbeing ➡

Neurodivergent support ➡

Whole-family wellbeing ➡
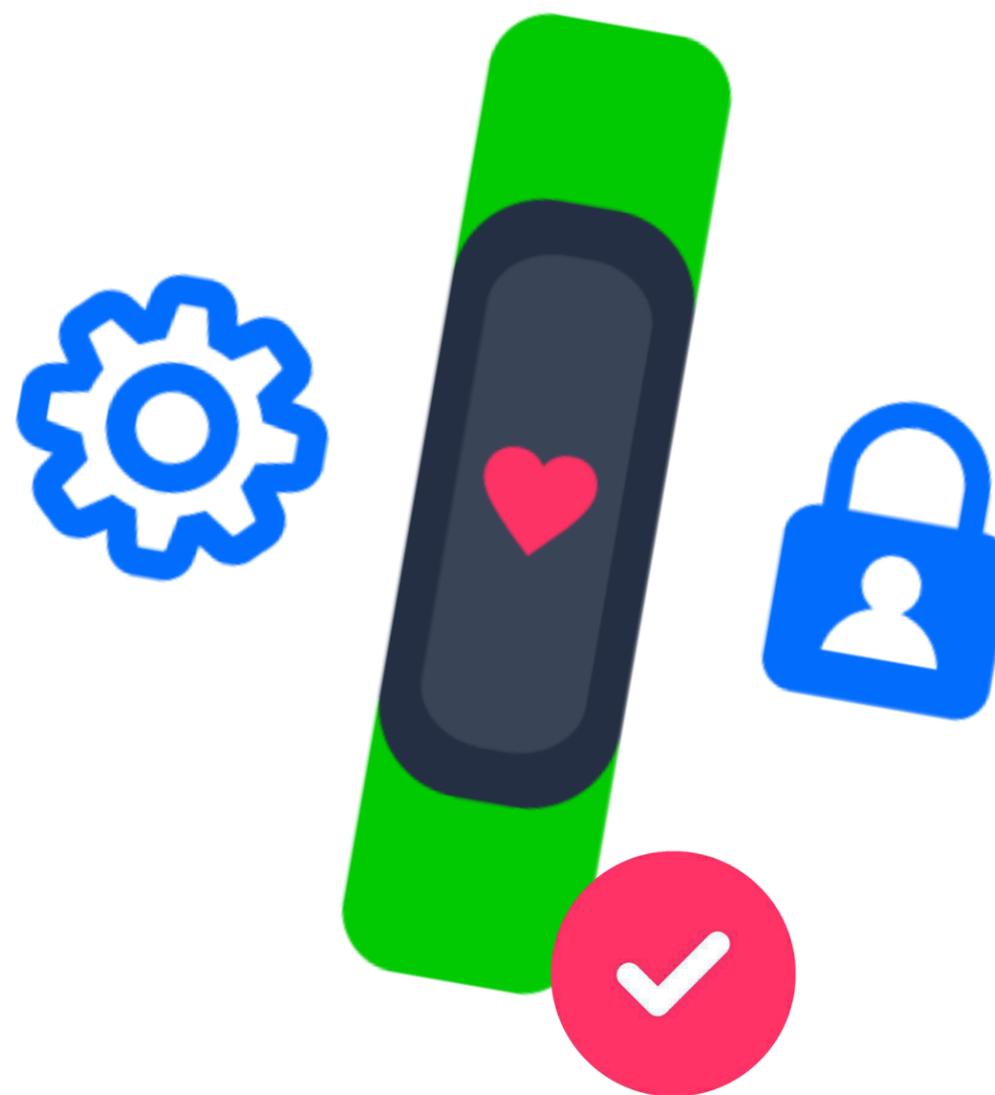
Wellbeing apps

For staying active

Apps can help children of all ages stay healthy and moving. Explore these apps by the age ranges below.

Under-5s →

6-10-year-olds →

11-13-year-olds →

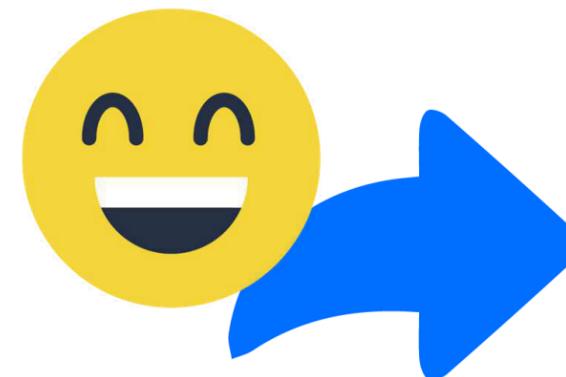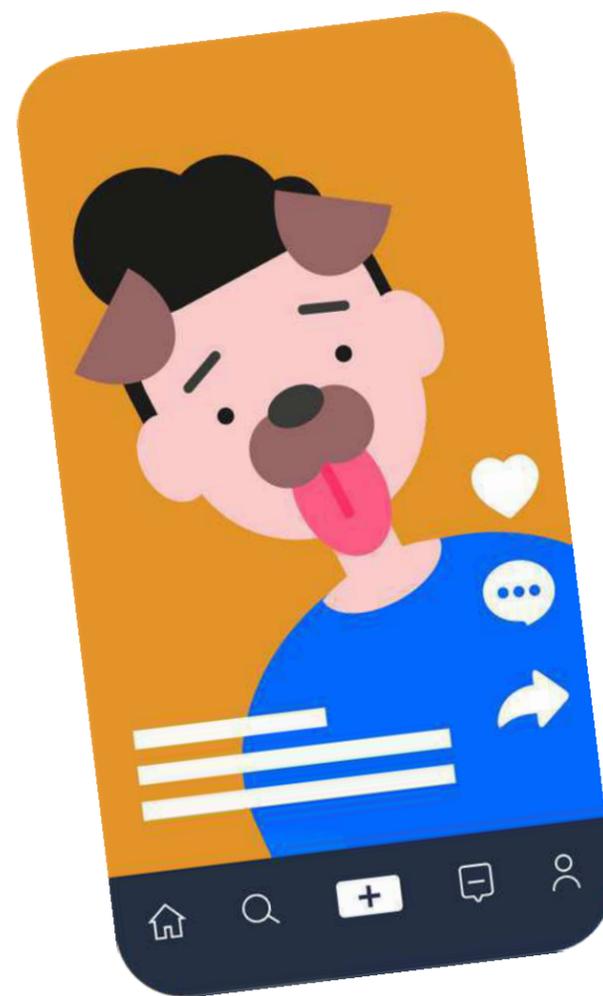**14 and older** →

For entertainment

These age-specific apps encourage children to play and laugh by themselves or with the family. Choose an age to explore below.

Under-5s ➡️

6-10-year-olds ➡️

11-13-year-olds ➡️

14 and older ➡️

BACK TO START