

SHARE THE LOVE, NOT THE DETAILS.

The family's dos and don'ts for posting about the children online. Six habits that keep them safe — and not one of them means posting less.

01 NO NAMES

Never put the children's names in public captions or comments. "My sunshine girls" works beautifully.

02 NO BIRTHDAYS OR AGES

Skip "she's 5 today!" in public. A birthday post tells strangers exactly how old she is.

03 NO SCHOOL CLUES

No school names, uniform logos, or the front gate in the picture.

04 POST IT LATER

Share the park photo once everyone is home, not while you're still there. Same memory, no live trail.

05 KEEP YOUR ACCOUNT PRIVATE

Not sure how? Ask us — we'll set it up together in five minutes.

06 NO AI CHATS ABOUT THEM

Don't type their names, school or routine into chatbots. Treat those chats like postcards — anyone may read them.

ALWAYS FINE

Photos in the family group chat. Private shared albums. Printing them for the fridge. Showing them off at bridge club.

GOLDEN RULE

New photo of them? Ask us first — we'll almost always say yes. And keep their photos inside the family chat: no other groups, no acquaintances.

