Do's and don'ts

- Don't encourage your child to use a mobile or cordless phone unless absolutely essential
- Don't let your child sleep near a cordless phone or wi-fi or mobile phone switched on
- Don't use your mobile phone in the car with children unless you have an external aerial
- Don't keep your mobile phone close to your baby or child – never in the back of the pushchair
- Don't let your child carry a mobile phone switched on in a pocket.

- Encourage short calls and texting rather than calling
- Ensure your child's mobile phone is turned off at night and as much as possible when not in use.
- Keep cordless phone calls short
- Replace your cordless phone with a wired phone or a low radiation phone
- Replace your wireless computer router with a non-wireless router (most standard routers are wireless)
- Replace your digital baby monitor with a wired or analogue baby monitor or a low radiation digital monitor
- Turn off your mobile phone when children are nearby, especially in the car and at night