As the parent of primary school children I feel compelled to protest against CBBC's proposal to reduce the number of hours of news content on the channel by cutting the afternoon Newsround bulletin.

Our children often watch the morning Newsround bulletin at school and should have the option to watch an afternoon bulletin with all the latest updates and any new stories or 'breaking news'.

I watch the programme with my children when there's 'serious' news as I know the content will be appropriate and we can talk about it together afterwards.

Importantly, at a time when there is so much 'fake news' online and on social media Newsround is a safe haven for children.

The plans presume all children are online, however, not every household has access to the Internet and, like me, many parents do not let their primary school aged children go online unsupervised. I do however, like many parents, let them watch CBBC as I know the content will be suitable. Under the plans my children and many others would not have the same access to Newsround.

Rather than looking to cut the afternoon programme move Newsroom to a better time slot, have more new content in the afternoon programme and promote what's coming up on Newsround ahead of other popular programmes as happens for the main BBC news.

I really hope for the sake of our children that Ofcom will reconsider its plans to approve the changes to Newsround on CBBC.