

How to introduce your child to the digital world

Media use – parental guidance advised

- › Set clear rules for media use.

- › Use shared family devices and set up safe children's profiles.

- › No mindless channel-hopping or clicking. Agree on a set of age-appropriate shows, games and apps. Be mindful of age ratings.

- › Be present: Watch and discuss shows together. This helps children understand and process what they're watching. If that's not possible: start the video and stay within earshot.

- › Limit screen time:

a maximum of 10 minutes per day

3

Years

a maximum of 20-30 minutes per day

4-6

Years



Find more information at eltern-medienfit.bz

Screen-free activities

Screen media should only be one small part of your child's everyday life. It's essential that they have plenty of opportunities for physical activity, creativity and shared playtime.

Ideas for daily activities:



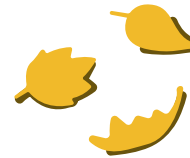
Exploring books and reading aloud



Painting, crafts and music



Block play or modeling with playdough



Be active outdoors: On the bike, running around, discovering nature



Playing, laughing and discovering new things together



Let them help around the house

What parents need to know



3–6 years

Digital media & children

The healthy way to grow up in a digital world

At this age, children show an increased interest in TVs, tablets, computers and smartphones. They want to swipe through photos and videos, listen to children's songs or call their grandparents.

More than anything, healthy development at this age relies on dedicated attention, shared playtime, physical activity and the chance to explore the outdoors with all their senses. Equally important are moments of relaxation, sufficient sleep and even a little boredom.

Between the ages of 3 and 6, it's best to reduce screen time to a minimum – setting clear rules helps.

Media in the family routine

Parents are role models for media use

Digital devices are brilliant at catching our attention, often without us even realising. Make sure to leave them out of reach during playtime, conversations, cuddles and quality time.

Don't share any photos or personal details about your child online or on social media. Once they are online, you're no longer in control of who sees, saves or reuses them.

Guide their feelings – don't just distract

Children often experience big emotions. Screens shouldn't be a shortcut to soothing them. Closeness, conversations and affection help your child regulate their emotions.

Routines and set screen times can help

Clear screen time limits mean fewer arguments. Using an alarm to signal when time is up makes switching off a lot easier.

Screen-free mealtimes and rooms

Make sure to exclude digital media from mealtimes and bedtime.



Eat together – without distractions:
Conversations instead of screens.

Children's bedrooms
should be screen-free zones.



Improve sleep: Avoid screens
in the hour before bedtime to ensure a restful night's sleep.

Pick age-appropriate content



Topics: Children like media that match their interests and everyday life.



Duration and plot: With younger children, it's best to stick to short videos, simple stories and slow-paced content. Children's attention span is limited.



Repetition: Don't worry about variety; small children love watching the same things over and over again. This helps them recognise familiar information and better understand and process what they're watching.



Brothers and sisters: Always base your choice on the youngest child. If content isn't suitable for younger ones, offer a fun alternative.

