



For children between the ages of 4 and 8



# TIPS FOR DEALING WITH DIGITAL MEDIA

Digital media has become part of our everyday lives. We all use it. **But excessive time spent on smartphones, tablets, computers, games consoles, TV and the like is particularly harmful** to children's physical and mental development. This is why children need certain rules when using media. We'll share 9 tips about what's important for children between the ages of 4 and 8.

## 1 AS LITTLE DIGITAL MEDIA AS POSSIBLE

Children develop best when they are active and try out different things — such as reading, playing football, making things or dancing.

## 2 MAX. 30 MINUTES SCREEN TIME PER DAY

Restrict the screen time on the smartphone/tablet and switch off the Wi-Fi in between. Encourage your children to put the device away: for instance, let them know when media time is coming to an end 5 minutes beforehand or set an alarm.

## 3 NO SCREEN TIME BEFORE SCHOOL AND BEDTIMEN

Your kids should spend the time right before school and before going to bed without digital media.

## 4 NO MEDIA DEVICES PRESENT IN THE CHILDREN'S ROOM

Your children should not be spending time on screens without you noticing. This is why it's best to put media devices in the living room or kitchen.

## 5 MEDIA TIME UNDER SUPERVISION

Be close by when your kids are using media. Or watch something together with them. This gives the children the opportunity to ask questions and express any fears they may have.

## 6 MEDIA DEVICES ARE NOT BABYSITTERS

There's always a lot to do. But keeping children occupied with media should be something of an exception. It's important for your kids to be allowed to be involved in your everyday life.

## 7 AGE-APPROPRIATE MOVIES AND GAMES

Series, films or games can frighten or overwhelm children. That's why you should only let your kids watch content that is suitable for their age. Recommendations can be found at [flimmo.de](http://flimmo.de).

## 8 DON'T GIVE IN

The rules you set for digital devices may sometimes make your kids angry. This is completely normal. Try not to give in to anger and tears.

## 9 YOU ARE ROLE MODELS

Children pick up a lot from you parents! That's why you should minimize smartphone use in front of your children. Make a conscious effort to switch off the TV. And set a time limit for using digital media.

**AND IF IT DOES GET A BIT TOO MUCH** It might help to talk to other parents about how to deal with media. You can also get support from specialist organizations.



Erziehungsdepartement des Kantons Basel-Stadt

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### SCHULSOZIALARBEIT

Professional specialists are on hand in every school to advise pupils and parents with questions or problems. As parents, feel free to drop by without making an appointment. All consultations are confidential.

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