### 3. Parents as role models

- Question your own mobile phone and media use during time spent together with your child:
- → How consciously do I use media myself and how approachable am I for my child?
- → Are there also **media-free times** in everyday family life?
- Inform yourself about games, series & Co. so that you can talk to your child about media experiences

Idea: digital Tools can also be used actively. Create a photocollage of the last vacation together or make a short animated film using the App Stop Motion.

https://www.klicksafe.de/

https://www.schau-hin.info/

https://www.internet-abc.de/

https://www.kita-dialogital.de/



### <u>Infoletter – digital media at the age of 0 - 6</u>

### Dear parents,

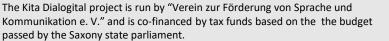
Smartphone, tablet & other devices are now part of everyday life for most children. Digital media offers numerous opportunities for children, but also risks. Therefore, children should be accompanied in their media use from the very beginning and informed about possible dangers in a child-friendly way.

### Top 3 Tips for home use

- **1. establish rules** for everyday media use and choose content
- 2. turn on safety settings on devices
- 3. Parents as role models reflect on your own media use







## 1. Setting a time frame and selecting content



# usage Media

### Age 0 - 3

- Audio media maximum 30 min. daily
- No or very short time on screenmedia

### Age 3 - 6

- Audio media max. 45 min. daily
- Screen media max. 30 min. daily

(source: BZgA, Klicksafe)

- Implementation e.g. with the help of media vouchers www.klicksafe.de/en/bildschirm-undmedienzeit-was-ist-fuer-kinder-in-ordnung
- Agree on a media use contract www.mediennutzungsvertrag.de/
- Select content: children this age age should not yet decide independently about series, games and apps
- Guide for films and series: www.flimmo.de

## 2. Safety settings

- If children use devices alone, deactivate WIFI (episodes of series can be downloaded in advance)
- Protect in-app purchases with a password in settings
- Create a child profile and select which applications the child is allowed to use
- Information on settings www.medienkindersicher.de/startseite
- Instead of Youtube and Google, use suitable sites and children's search engines such as www.blindekuh.de and www.fragfinn.de

### Caution - photos of children in social networks:

Protect the **privacy** of your children. Even if your child agrees: a child this age cannot yet assess the consequences of photos on the net.







