Infoletter – digital media at the age of 0 - 6

Top 3 Tips for home use

- 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

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 childfriendly way..

1. Setting a time frame and selecting content

Media usage times

Age 0 - 3

- Audio media maximum 30 min. daily

- No or very short time on screenmedia

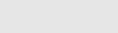
Age 3 - 6

- Audio media max. 45 min. daily

- Screen media max. 30 min. daily

(source: BZgA, Klicksafe)

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





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 <u>www.medien-</u> <u>kindersicher.de/startseite</u>
 - Instead of Youtube and Google, use suitable sites and children's search engines such as <u>www.blinde-kuh.de</u> and <u>www.fragfinn.de</u>

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.

3. Parents as role models

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.*

- 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

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

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

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

The Kita Dialogital project is run by "Verein zur Förderung von Sprache und Kommunikation e. V." and is co-financed by tax funds based on the the budget passed by the Saxony state parliament.

