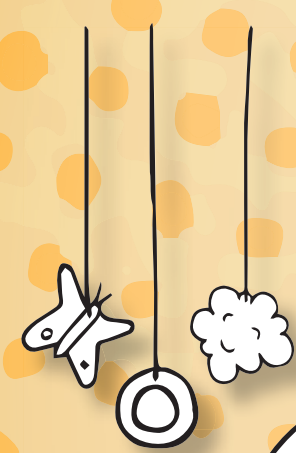


How should children use digital devices?

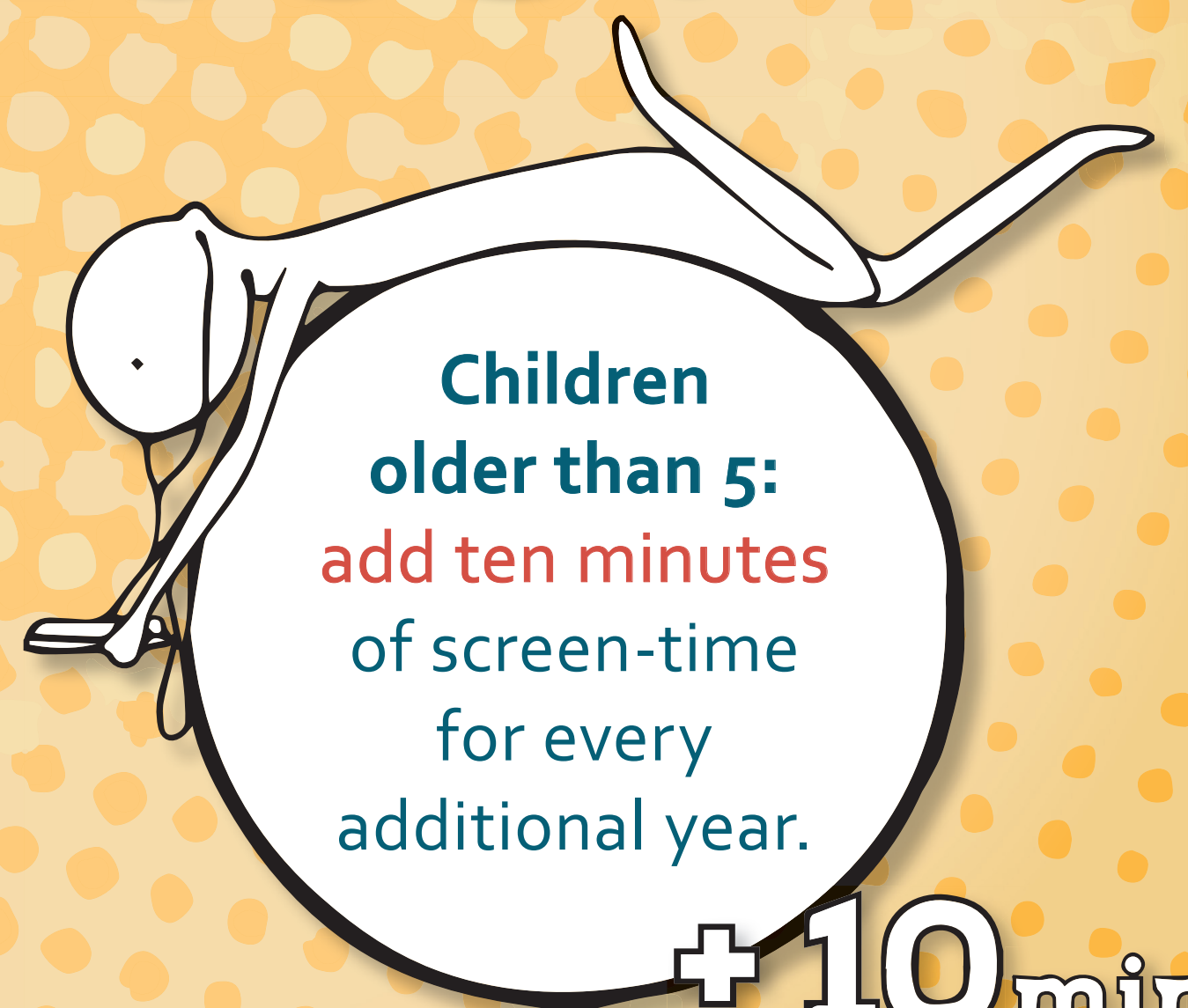


Children younger than 2 years should not sit in front of screens at all.



Children aged 2-5 should not sit longer than 1 hour per day in front of a screen.

1 hour



Children older than 5: add ten minutes of screen-time for every additional year.

+10 min



Use new media together.

- Foster an active and creative approach to media.

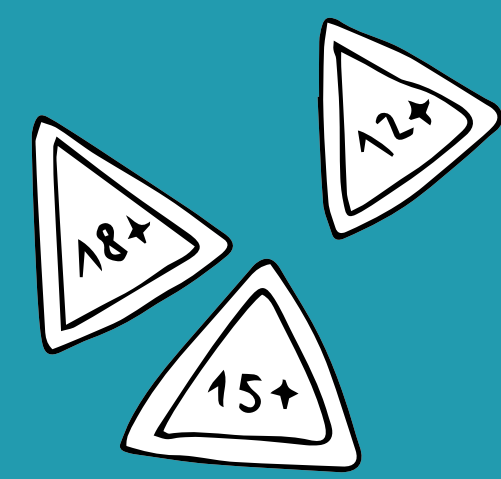
- Encourage responsible behaviour online.



Be a role model.

- Ensure a safe environment with parental controls.

- Discourage the use of screens during meals and before bedtime.



Keep the content age appropriate.

- Look for high quality educational material.

- Select games and apps that let your child be creative.



Limit time, explain the content, and secure the devices!

Photography offers a great opportunity to approach media actively and creatively. You can find more information and creative ideas for photography with children on our website

media.eduskills.plus