

# Infoletter – digital media at the age of 0 - 6

## 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



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..

## 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 screen-media

### 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-und-medienzeit-was-ist-fuer-kinder-in-ordnung](http://www.klicksafe.de/en/bildschirm-und-medienzeit-was-ist-fuer-kinder-in-ordnung)
- Agree on a **media use contract**  
[www.mediennutzungsvertrag.de](http://www.mediennutzungsvertrag.de/)
- **Select content:** children this age should not yet decide independently about series, games and apps
- **Guide for films and series:**  
[www.flimmo.de](http://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.medien-kindersicher.de/startseite](http://www.medien-kindersicher.de/startseite)
- Instead of Youtube and Google, **use suitable sites and children's search engines** such as [www.blindekuh.de](http://www.blindekuh.de) and [www.fragfinn.de](http://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.

## 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/>