

When should we be concerned?

He wants to go to bed with his screen at night.

He/she would rather spend time using a device, (tablet/screen/cell phone) than spending quality time with family and friends.

His academic performance is low.

He/she is spending less/no time doing other activities and sports.

Most of the time, this is a sign of a suffering the child is trying to forget, talk with him about it.

At different ages, we have to set up different rules:

- You should have dinner with our family without TV, phones, and tablets and enjoy this moment together. It has been proved that this contributes to the academic success of a child.
- It's better to have a variety of DVDs that a child can choose from, rather than watching TV. The length has to be limited. Then the child will be able to watch the movie many times until he/she understands it all.
- It's better to have screen time with other people. For example, parents

can watch a movie with their child every week. You should use multiplayer video games rather than single player.

- It's better to use multiplayer videos games than single ones. To ensure that nobody gets upset, state that the device (Screen or tablet) belongs to the whole family. You can create a schedule on a calendar if there are brothers and sisters, to ensure that everyone gets a turn. It's also helpful to learn how to plan something together.
- Regarding cell phones; parents should decide where everyone has to leave their phones during meals and at night. This will prevent teenagers from sleeping with their phones!

To know more (books in french):

Serge Tisseron
3-6-9-12 - Apprivoiser les écrans et grandir
 Éditions érès - NOUVELLE ÉDITION, 160 pages, 10 €

Serge Tisseron
Les dangers de la télé pour les bébés
 Éditions érès - NOUVELLE ÉDITION ACTUALISÉE, 150 pages, 10 €

Serge Tisseron
Manuel à l'usage des accros aux écrans, ou Comment garder à la fois mon ordi et mes parents
 2015, Paris, Nathan



Growing up & understanding digital tools

3 - 6 - 9 - 12



Before 3 years old

The child needs you to help him discover his environment through sensory activities

Play, talk, stop the TV!



From 3 to 6 years old

The child needs to discover his strengths

Limit the time spent on devices, share them, talk with your family



From 6 to 9 years old

The child needs to discover the rules of social games

Create something using digital devices, explain the Internet to him



From 9 to 12 years old

The child needs to explore the complexity of the world

Teach him how to protect himself when saying things online



After 12 years old

The child needs less help from his parents, starts doing more things independently

Stay available, he still needs you

3-6-9-12, Screens adapted to the age

Before 3 years old

Playing with your child is the best way to promote his development.

Prefer stories read together, nursery rhymes and shared games than screens.

Leaving the TV on at night is bad for your child's learning skills even if he/she is not watching it.

No TV in the child's room.

Digital devices must always be used with someone.



They can change!

Even if your child tries to convince you that it's useless to try and make them change, they will.

A children can adapt easier than you think. Do not hesitate to change the rules, but keep in mind that you have to give your child some time to adapt and adjust.

From 3 to 6 years old

I decided on clear rules about screen time.

I respect the age recommendations regarding TV programs.

Tablets, TV's, and video games must be used in the living-room and must stay away from the bedroom.

Don't use digital tools to calm down a child. Don't use it before going to bed or during meals.

Playing with friends is better than playing alone.

From 6 to 9 years old

Decide on clear rules about the use of screens: talk about what your child has done and has seen.

Tablets, TV's, and video games must be used in the living-room and must stay away from the bedroom.

Make sure that you know how to use the video game console.

I speak to them about the privacy policies, image rights and the following 3 Internet principles:

- 1) Anything you post online will belong to the public domain;
- 2) Everything you write online will stay there forever;
- 3) Do not trust everything you read and see on the Internet.

From 9 to 12 years old

I speak with my child about the right time to get him/her a smartphone.

My child can go online but I decide if I do it with him or I let him do it alone

I decide how long each day my child can use devices.

I speak with my child about what he watched online.

I remind him quite often about the 3 Internet principles.

After 12 years old

My child can go "online" by him/herself but I decide for how long.

We talk together about downloading, plagiarism, pornography and digital bullying.

I shut down the Wifi at night and we turn off our phones.

I will not become his/her friend on social media.



From any age, choose together the appropriate programs, limit screen time, and invite your child to speak about what he/she did each day.

Together that we can change our behavior.
Join Us on sur <http://3-6-9-12.org>