Growing up & understanding digital tools

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
Editions l'étoile - NOUVELLE EDITION, 108 pages, 10 €

Serge Tisseron
Les dangers de la télé pour les bébés
Editions l'étoile - NOUVELLE EDITION ACTUALISEE, 110 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

Before 3 years old
The child needs you to help him discover his environment through sensory activities

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 more help from his parents, starts doing more things independently

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

Play, talk, stop the TV!
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.

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.

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

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

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 Wi-Fi at night and we turn off our phones.

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

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 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