

What should be alerting :

They demand a screen in the evening to fall asleep.

They would rather be on a screen rather than communicating when family or friends are visiting.

School grades are going down.

They are not doing as much physical activity.

But more often than not, withdrawal into digital activities is a sign of suffering that the child is trying to forget. Let's talk to them about what's on his mind.

At all ages, let's establish family rules

- Let's have dinner together, without television, cell phones or touch-screen tablets to make it a time of convivial exchange. In fact, it's been shown that this is the best indicator of a child's future academic success and social integration!
- A small DVD library is preferable from which the child can choose a film rather than TV. The duration will always be limited, and he can watch each film several times until he has fully understood it.
- Always prefer shared screens to solitary ones. For example, establish a

ritual of watching a movie with your children once a week. a week. And prefer game consoles that can be played with others to games that can be played alone.

- To prevent your child from feeling like the owner of a console or tablet whose use is difficult to control, let's decree that all digital tools are family tools. If he has siblings, let them draw up a usage schedule. It will teach them to be organized together.
- For the cell phone, let's decide on a place where all family members put theirs down when they sit down to eat, and also in the evening after a certain hour. This will prevent teenagers from the temptation to sleep with theirs!

To know more :

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



Balancing Digital Life: Guiding Your Child's Screen Time at Every Age

3 - 6 - 9 - 12 +



Before year 3

Your child needs to discover with you their sensorial abilities and landmarks

Move, play, talk, Stop watching TV



From year 3-6

Children need to discover their sensory and manual gifts

Limit screens, share them, talk about them as a family



From year 6-9

Children need to discover the rules of social games

Create with screens, explain them internet.

From year 6-12

Children need to explore the complexity of the world.

Teach to protect and to protect his exchanges

After year 12

Children progressively move away from family reference points

Stay available, they still need you!

3-6-9-12+, Screens adapted for every age.

Before year 3

Playing with your child is the best way to foster your child's development.

I prefer stories read together, ditties and shared games over screens

Even if your child doesn't watch it, having the TV on is detrimental to learning.

Never a TV in the bedroom.

Digital tools are always accompanied, for the sheer pleasure of playing together.

They can change!

Even if your children do their best to convince you that there's no point in trying to change them, they're much more malleable than you think. Don't hesitate to change the rules, as long as they're clear and you give your children time to adapt to them.

From year 3 to 6

I install clear rules about screen time.

I respect age limits for programs.

The tablet, the TV and the computer are in the living room, not in the bedroom.

I forbid digital tools during meals and before sleep. I never use them to calm my child down.

Playing together is better than playing alone.

From year 3 to 6

I set clear rules about screen time, and I talk with them about what they see and what they do.

The tablet, the TV and the computer, are for the living room, not in the bedroom.

I set up the game console.

I'm talking about the right to privacy, the right image, and the 3 principles of the Internet:

- 1) Anything you put on it can fall into the public domain;
- 2) Anything you put on will remain there forever;
- 3) Don't believe everything you see.

From year 6 to 9

Together we will decide what age they will get a mobile phone.

He has the right to go on the Internet, I decide if it's alone or accompanied.

I decide with them how much time they spend on different screens.

I talk with them about what they see and do.

I remind them of Internet's 3 principles.

After year 12

My child surfs the web alone, but I agree with him on schedules to be respected.

We talk together about downloading, plagiarism, pornography and harassment.

At night, we turn off the WIFI and turn off cell phones.

I refuse to be 'friends' on social media.



At all ages, let's choose our programs together, limit screen time, invite children to talk about what they've seen or done, and encourage their creativity.

Together, we can change our relationship with screens.
Join us on <http://3-6-9-12.org>