

(. . .)PARENThesis

Parenthesis is a research-based Digital Parenting Program that provides parents tools, and support to manage children's technology use at home.

Tech & Education Together

Science-based programs to help parents and children navigate our digital era.

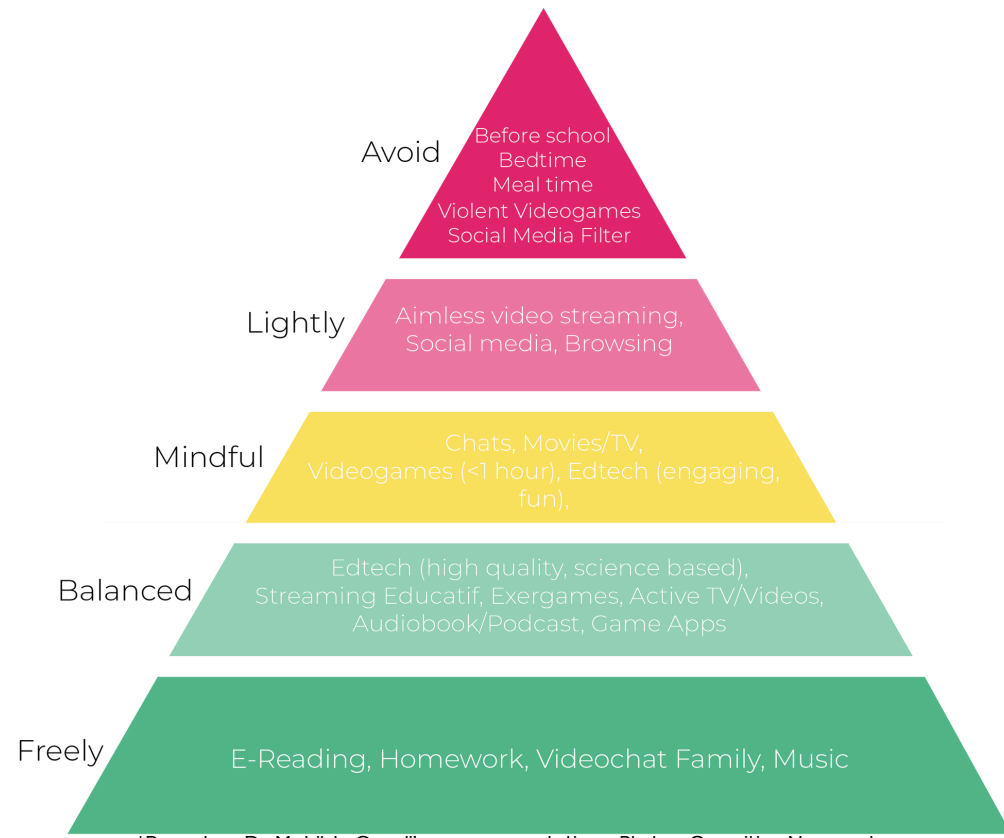


everyone.Ai 

everyone.Ai is a non-profit initiative aimed at educating about the opportunities and risks of AI for children.

Screen Media Consumption Pyramid

Balancing Education, Entertainment, and Engagement in the Digital Age.



*Based on Dr. Mahilde Ceroli's recommendations, Phd on Cognitive Neurosciences



Tools & Resources
www.beparenthesis.com



Request Whitepaper
www.everyone.ai

Dealing with Screens: The 3-6-9-12 guide

The 3-6-9-12 rule is a guideline for parents to manage their children's exposure to screens and technology, proposed by psychiatrist Serge Tisseron.

3

Before 3yo

The child **discovers** the world references through their senses and by sharing experiences with you.

Play,
Move, talk,
turn off
the TV

6

From 3 to 6

The child needs to **develop** their sensory and motor skills.

Limit screens,
share them,
talk about
them in your
family

9

From 6 to 9

The child starts to **reason** and be aware of the complex world around them.

Create with
screens,
Introduction to
the internet,
under parental
supervision

12

From 8 to 12

The child is further developing empathy and is learning to read and apply **social** cues.

Teach them how
to stay safe and
keep their
conversations
private

+

The child is becoming more **independent**, but still a child.

Remain
available,
they still
need you!

More information: beparenthesis.com

PRACTICAL questions to challenge screen use before providing SCREENS

WHAT MEASURES SHOULD I PUT IN PLACE TO KEEP MY KIDS SAFE?

Set up controls for your child's internet use and watch what they do online to keep them safe.

Remind them that their online actions can have lasting effects.

Safety

COULD MY CHILD BE ENGAGED IN ANOTHER ACTIVITY?

Think about whether screen time is taking the place of active, creative, or playtime with others. Use screens wisely when the family needs a break, to help balance busy or quiet times.

Alternatives

WHAT IS MY CHILD DOING ON THE SCREEN?

Match screen time with what your child needs – learning, chilling out, hanging out with friends, or family moments. Choose what they watch, how long, and when based on the goal. What will they learn or get from it?

Goals

IS THE CONTENT AGE APPROPRIATE?

Make sure what your child watches is right for their age and understanding.

Age

HOW LONG AND WHEN WILL MY CHILD USE THE SCREEN?

Decide how long your child can use screens based on what device they're using, how old they are, and how they're feeling. Teach them how to manage their screen time, and teach them screen time does not interfere with sleep or important activities, like homework, playing with friends, or during meals.

Time

WHAT ACTIVITY WILL MY CHILD DO AFTER SCREEN TIME?

Make switching off screens easier by planning an activity to do next. This helps avoid upset feelings when screen time ends.

Transition

WHEN DO I ENGAGE WITH MY KIDS ABOUT SCREEN TIME?

Talk to your child during or after they use screens. Discuss what they watched or played to make it a chance to learn and chat together.

Involvement