Screens: Who? When? How?

TIPS TO TRY TO KEEP CONTROL!

0 – 6 years Young children



No screens before age 3
Language acquisition: screens slow down development, especially communication.

As little as possible before age 6
Never unsupervised, never with no time limit.

IF SCREEN TIME, THEN...

- **Set clear time limits** with a **start AND end** — use a timer.
- **Check the content** — avoid endless feeds (YouTube, online videos, social media).
- **Avoid brutal interruptions** — give a few minutes' warning before finishing.
- **It's not mandatory** — they can thrive without it! Offer: cooking, crafts, chores, outings, sharing games…
- **Lead by example** — a parent on their phone shows it's okay and normal not to unplug.

6 – 15 years+ Older children



Create a family media plan
Before giving them a device!

No smartphone or social media before 15
Ideally: a dumb phone until age 15 and supervised internet access.

EVERYDAY RULES

- **Respect PEGI age ratings** for games and content.
- **Get involved:** watch, play, and talk with your child.
- **Plan screen-free time** for homework and access to digital tools.
- **Multitasking:** screens in silent mode, put away — no multitasking.
- **Screen-free times as a family** — not in the bedroom. Get a good night's sleep!
- **Encourage real-life activities:** physical activity, hands-on hobbies, outings, family time.
- **Parental controls:** Qustodio • Manage Wi-Fi (parental control box) • telecom providers.
- **Pay attention to screen time!** Set clear priorities as a family.

For all ages: screen time ≠ real time perceived by the child. Beware of distortion!

NO SCREENS AT THESE TIMES!

At school	At mealtimes	1 hour before bed	In the bedroom	To relax
Only after school and on weekends	A moment for sharing and connection	Read a story instead	Keep devices out	Screens aren't a solution for emotional problems

4 steps to make progress as a family

Based on COSE (Collectif Surexposition Écrans)

4 steps to move forward as a family

Protect means caring

Alone, a child will end up encountering content that is frightening or hypersexualized. Such content is traumatic for all children.

To better focus

- Step 1: Screen-free mornings
- Step 2: To protect from harmful content in the child's bedroom*
- Step 3: Screen-free language
- Step 3: No screens 1 hour before bedtime

With the help of others

To talk and develop good language

- Screens, it's best before age 3.
- A dumb phone is fine until age 15.
- Recreational screens are only on Saturday and Sunday, including during school holidays.

Resources for all ages

- **Growing up in a digital world** — education.gouv.fr
- **I protect my child** — jeprotegemonenfant.gouv.fr
- **Parenting challenges** — pix.fr/parents
- **COSE – Screens overexposure site** — surexpositionecrans.fr
- **My smartphone permit – the app** — App Store / Google Play

"Keeping control of screens at home... it's a bit like assembling an IKEA piece of furniture: