



Tips and tricks on the topic of...

Media consumption

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TV, tablets and mobile phones are not babysitters! Media consumption does not promote play and language development. Too much TV is harmful for your child. A small child's brain is overwhelmed by rapidly changing TV pictures. Tired of it, the child faster becomes passive and less able to learn.

What you can do:

- TVs and tablets do not belong in the child's room.
- Never let your baby or infant watch TV or play with a tablet or mobile phone. Children in Kindergarten should not spend more than half an hour, school children no more than one hour a day in front of a screen.
- The content and quantity of Media consumption must be adapted to the child's age.
- Don't just let the TV run all day.
- Do not be distracted by your mobile phone constantly.
- Do not surf the internet in the presence of your child.
- Treat yourself to a respite from media when you are with your child.
- Do not use screen media as a way to keep your child occupied and calm.

Incidentally:

Children need your undivided attention, eye contact, own sensory experiences and plenty of movement possibilities in the fresh air to develop healthily.

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