

Screens and children aged 0 to 4 years

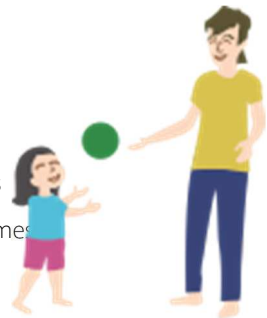


Screens (smartphones, tablets, television, etc.) are part of our daily lives. Children are affected from birth.

Babies and young children are sensitive to screen exposure. It is therefore very important to accompany them in their use of screens in a controlled fashion, making sure that they are safe and have appropriate time limits.

What your child needs

- Physical touch and eye contact
- To discover the world around them using all their senses
- Human interaction and undivided attention at certain times
- Rest and quiet without screens
- Boredom, so they can develop their imagination
- Games and movement



Recommendations

- Make sure you interact with your child, play and do activities with them without screens
- Limit screens in your child's environment as much as possible
- Do not put screens in your child's bedroom
- Avoid the use of screens during meals
- Turn off all screens 1 hour before bedtime, as the light emitted by screens can interfere with your child's sleep
- Accompany your child in watching carefully selected, age-appropriate shows. When you allow screens, be interactive and ask your child what they understand from the show, ask them to tell the rest of the story, etc.

Risks of screen use

- Problems and delays in the child's development, attention, concentration, and learning
- Difficulties in socialising
- Sleep problems
- Screen dependency
- Being overweight and obese
- Passivity



For you as parents

- Clarify the family rules regarding screens and screen time as early as possible
- Set a good example, as children learn by imitating those around them
- Every time you want to use your device, ask yourself if it's really necessary as it distracts you
- Some breastfeeding, sleep and other applications can be useful, but their use should be strictly limited when your child is present



Important

- Supervise rather than forbid !
- Before the age of 3, playing (without screens) is the best way to support your child's development. Think about outdoor play and walks !
- From the age of 2-3, set clear limits on screen time. For example, no more than 15 minutes at a time and no more than 1 hour per day.
- Time spent alone (without supervision) in front of any screens for children aged 0-4 is time wasted and can be detrimental to their physical, mental and intellectual development.

More information

- Jeunes et médias (In English: Young people and media - information portal dedicated to the promotion of media skills) <https://www.jeunesetmedias.ch/fr.html>
- PAPRICA brochure "How to be active with your child" https://www.paprica.ch/category/part_cat/petite-enfance/
- Né pour lire (In English: Born to Read - a set of books to support children's language development) <https://www.nepourlire.ch/fr>



Programme cantonal de promotion de la santé et de prévention primaire enfants (0-4 ans) - parents



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