Practical booklet for Families

Awareness of screen use

about

Dynseo

Recommended Screen Time

Today, screens are very present in daily life, and children are surrounded by them.
They are therefore comfortable with technology and use it more and more.

When we talk about screen time, we are talking about all the screens that the child can use during the day. If, for example, the child watched TV 30 minutes in the morning, in the afternoon he played 1 hour on the console, and in the evening he played 30 minutes on the phone, then his screen time of the day will be 2 hours.
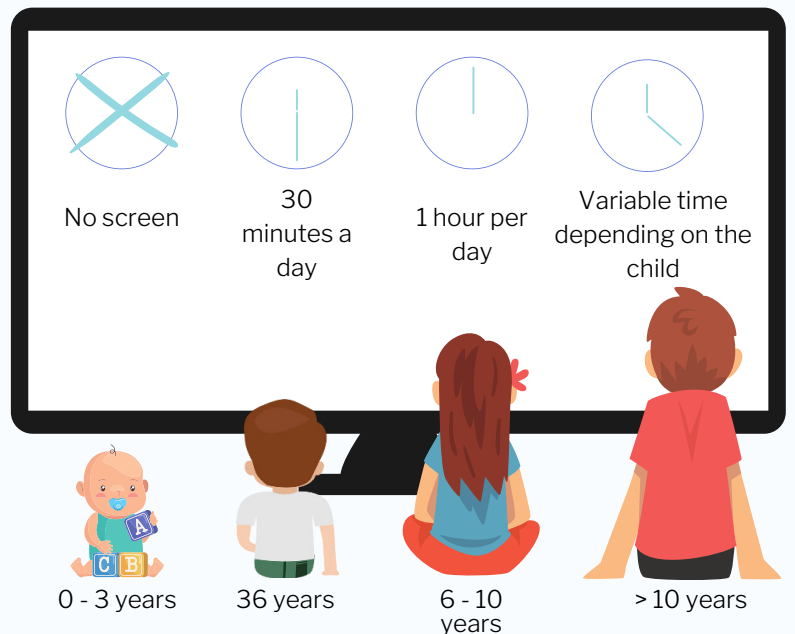
SCREEN TIME = 🖥️ + 📱 + 🖥️ + 📱 + 🎮

Today, children use technologies more and more.
However, improper use of these can have negative effects on children.
This is why there are recommendations on screen time depending on the age of the child.

No screen	30 minutes a day	1 hour per day	Variable time depending on the child
0 - 3 years	36 years	6 - 10 years	> 10 years

DON'T USE SCREENS IN THE MORNING

The screen sends a lot of stimuli that exhaust the child's attention.

With lower attention, learning is more difficult.

DO NOT USE SCREENS BEFORE GOING TO SLEEP

The screen emits blue light which can influence sleep patterns.

We need to stop the screens at least
1 hour before going to bed.

USE SCREENS IN FREE TIME

When returning from school or before dinner, the child can use the screens to rest.

It is during free and calm moments that the child can use technologies.

The effects of screens

Screens have a strong influence on children's development, with both positive and negative sides.

ADVANTAGES

- Games on console, tablet or phone can improve cognitive functions.
- Cartoons or films can help children better understand their emotions, imagine different situations and learn the moral of a story.
- If used well, technologies can create moments of sharing between friends or family.
- At school or at home, certain technologies can be used as a compensatory tool for children with disorders or difficulties.
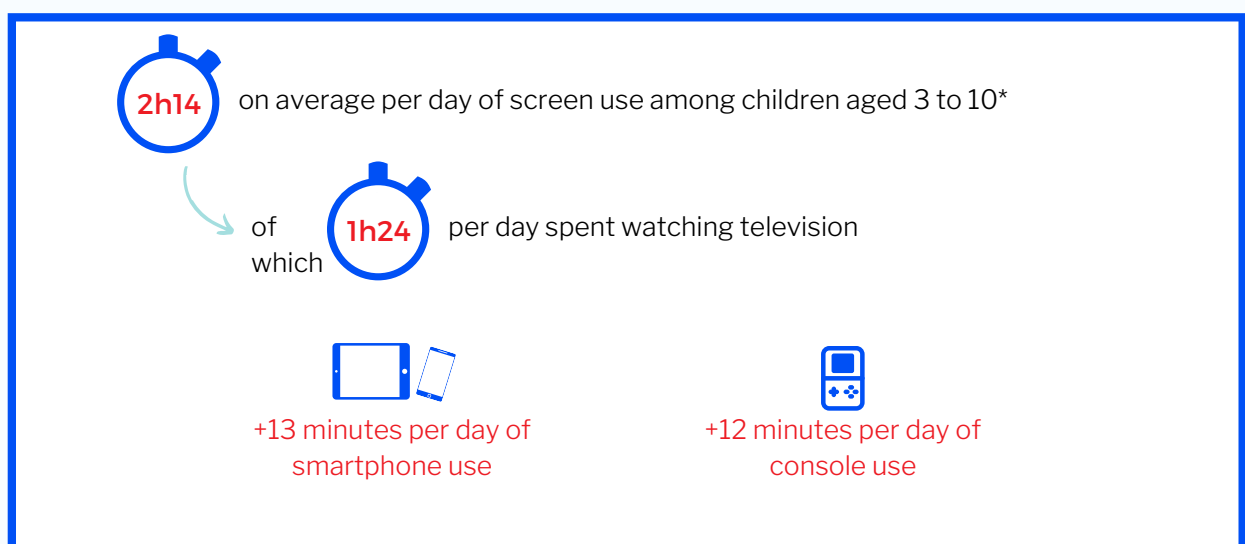
THE NEGATIVE ASPECTS

- Blue light and visual stimuli can cause visual fatigue.
- Blue light affects sleep patterns.
- Prolonged use of screens can cause Screen Overexposure Syndrome (SSE): fixation, isolation, etc.
- If the child remains passive in front of screens, there may be developmental delays because their brain and body are not active.
- The child is like a sponge that absorbs all the stimuli from screens. After using the screen, we can see motor agitation as the child has to release the accumulated energy.

The effects of screens are linked to the use we make of them, but above all to the time we spend in front of them. Indeed, most negative effects appear when the child spends too much time in front of screens.
On the contrary, balanced use can have positive effects on its development!

We've already seen the recommendations on screen time by age, and here's how kids actually use technology today:

2h14 on average per day of screen use among children aged 3 to 10*

of which **1h24** per day spent watching television

+13 minutes per day of smartphone use

+12 minutes per day of console use

*"Ipsos-Krys Barometer: daily screen time of 3-10 year olds is still increasing! », Isabelle Hallot, November 17, 2021

How to introduce technology to a child?

When you want to introduce new technology to children, for example for the first console or the first telephone, it is important to support the child in discovering it.

EXPLAIN THE USE

Explain what it is for, how to turn it on or off, how to use it...

This allows the child to be able to use the new technology independently.

EXPLAIN THE RISKS

Explain the dangers and risks that these technologies can cause: on the internet, certain images or videos can be scary, about "cats".
We have to tell them again that we should not talk to strangers, that we should not buy online because it is the parents' money that we are taking. Also explain the negative effects of screens.

DEFINE THE USAGE TIME TOGETHER

Choose together when he can use the screen and for how long.

Choosing the time of use together allows the child to better accept the end of the activity.

SET LIMITS

Before using screens, tell the child that to use certain applications or watch certain television channels, he must ask your permission.

This allows you not to interrupt the activity by creating conflicts, but to keep an eye on usage.

SHARE THE FIRST USES

The first times the child uses the new technology, stay next to him to guide him if necessary.

Try to leave the child as independent as possible.

SHARE YOUR FEELINGS

Ask the child what he thought of the activity, what he liked or didn't like.

Also give you feedback on the activity and how the child managed to use the technology.

How to get a child to stop using their tablet?

Children do not have the same concept of time as adults.
It is therefore more difficult for them to understand how time passes on the tablet or that the time available is finite.

USE AN HOURGLASS
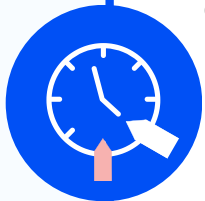
An hourglass can help you see the passage of time.

Indeed, when the sand falls, the child sees the passage of time in a practical way.

SET A STOPWATCH

Show the child the stopwatch, allowing them to see the minutes counting down.

The child understands that when it rings, screen time has come to an end.

VISUALLY MARK THE CLOCK

Put labels on the clock to indicate activity times.

This helps the child know when the activity starts, and when it ends

GIVE BENCHMARKS BASED ON WHAT YOU DO

Say what you're doing and set the end of screen time with the end of your activity.

For example, if you are preparing dinner say that when you put the dish in the oven, it is time to turn off the screen.

DO NOT INTERRUPT THE ACTIVITY

Don't interrupt the activity in the middle. Wait until the episode is over, or until he has finished his part.

Say out loud that this is the last episode, or that once the game is finished, we'll stop.

GIVE TIME MARKERS

10 minutes before the end of the activity, tell the child. Do the same thing at 5 minutes and 1 minute.

This helps the child prepare for the end of the activity and accept it better.

How can you prevent a child from becoming isolated and "lost" behind screens?

When we look at a screen, we erase everything else and we no longer pay attention to what is around us. However, using a screen does not necessarily mean isolating yourself, you can also share this moment with someone else.

ASK HIM SOME QUESTIONS

During the activity ask him questions about what he is doing or what is happening on the screen.

"What is the character looking for on TV? », "Are you doing a puzzle? Have you already guessed the hidden image? »

MAKE COMMENTS

Commenting on the activity in a fun way can help the child interact with you.

"Ahah, Marcus is putting water everywhere" (Paw Patrol), "Well done, you've broken a new record!" You are too strong "

SHARE THE ACTIVITY

Watch a cartoon together or play two-player games to share moments together.

A moment shared with family is always a happy moment.

KEEP MOMENTS DEDICATED TO FAMILY

Mealtime, car journeys or even walks are important moments to spend together, without technology. Use these moments to talk about your day.

Don't forget to set a good example: the "no phones at the table" rule is for everyone!

ARE YOU INTERESTED IN WHAT HE DO

If you show interest in the cartoons he watches or the games he plays, he will talk to you about it and you can create a dialogue.

Try to value what he likes.

DO POST-SCREEN ACTIVITIES

After using a technology, ask the child to do an activity such as drawing or building related to the activity on the screens.

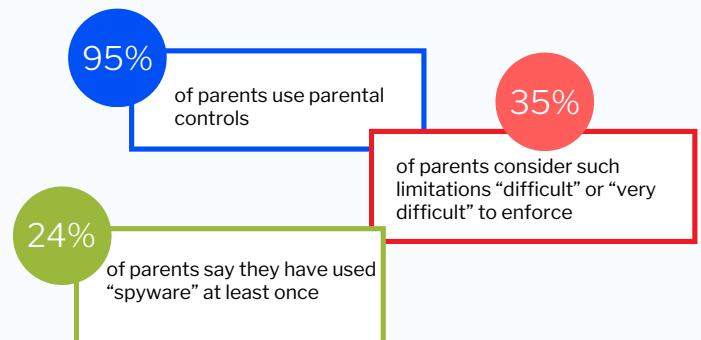This allows the child to link the imaginary world to the real world.

Possible solutions

Today the most used solution is parental control.
This feature is available on almost all existing technologies.

Connection time control
Limiting access
Search history
Restricting cats

Content filtering
to applications online
**Download ban**
Restriction of online payments

Parental control offers a lot of features, but you have to be careful because all these prohibitions can create a situation of conflict between children and parents.

95% of parents use parental controls

35% of parents consider such limitations "difficult" or "very difficult" to enforce

**24%** of parents say they have used "spyware" at least once

Another solution is smart apps: apps that integrate the concept of screen time into the activity itself. No limits or restrictions, but a balanced way of using the screen.
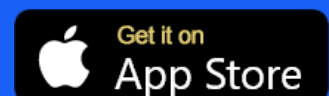
COCO THINKS and COCO MOVES
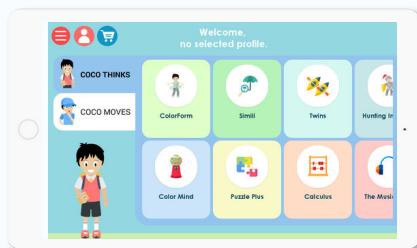
+ 30 educational games to train cognitive functions (memory, attention, language, etc.) and promote learning (mathematics, literature, spelling, etc.)

&
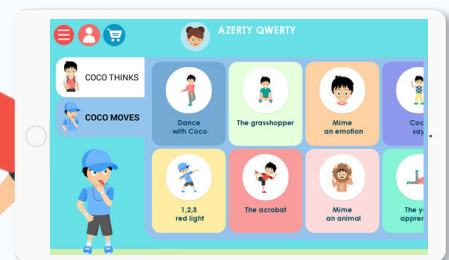
A sports break after 15 minutes of screen time with 8 sports games to freshen up the brain, get away from the screen and do sports while having fun

Use COCO THINKS and COCO MOVES with your children to go from screen zombie to a little genius!

Get it on Google play

Get it on App Store

Dynseo

Find all the information on the COCO THINKS and COCO MOVES

program on our website

WWW.DYNSEO.COM/EN