

# Digital Media



A guide for parents and their children

Englisch

# The options are

Tablets, television, mobile phones, game consoles, iPods, internet...

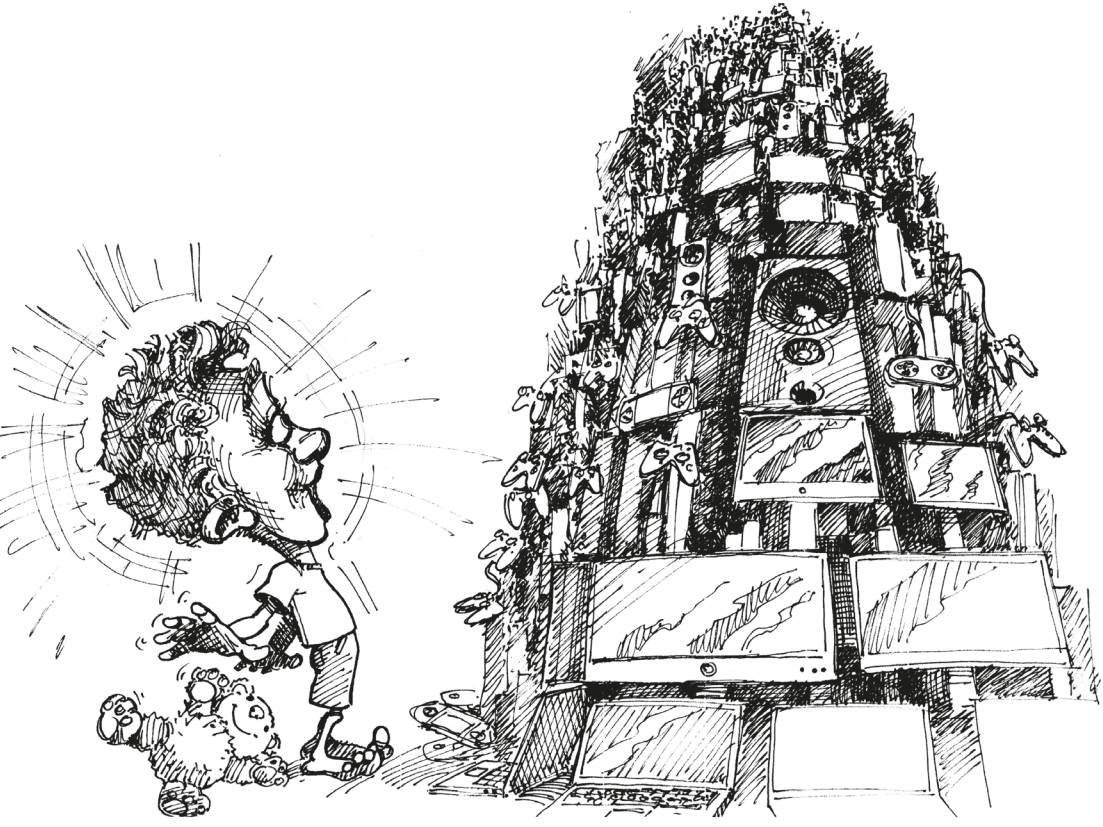
**Children need to communicate with people directly in order to acquire language. Children cannot acquire language solely through media consumption alone!**

The range of electronic media is vast. On the one hand, new media can be very useful and fun. On the other hand, it can be a distraction and cause dependency.

Therefore, it is important to show children **how to use new media:**

- **meaningful**
- **age-appropriate**
- **responsible**

# overwhelming!



# Children need rules

Discuss the following points with your child

## What the child is allowed to watch and play

### **Age-appropriate**

TV programs, DVDs, movies, computer games and websites should be appropriate for your child's age.

### **In what languages**

Make sure that your child consumes media in his or her native language or in German.

### **Child and Youth Protection**

Turn on parental controls and filters on all your devices.



# and boundaries

## Time is important

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### When

Arrange with your child at what time television, computer, game console or tablet are allowed.

### Turn off

The device should then be turned off and put away.

### How long

Experts recommend a maximum per day:

- up to 3 years ..... 0 minutes
- 3-5 years ..... 30 minutes
- 6-9 years ..... 45 minutes
- 10-13 years ..... 60 minutes
- from the age of 14 ..... 90 minutes



# Children need rules

## Join your child

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### Together

Joint media experiences offer children warmth and the opportunity for communication. Children need conversations to process what they have experienced and to clarify questions. Thus, children learn new words and practise telling stories.

### Monitor

Monitor the apps and programs that are installed. Thus, you will know what your child is interested in and what he or she consumes and for how long.

### Be there for your child!



# and boundaries

## Why is this important?

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### Rules and boundaries

Clear rules and boundaries help to enforce agreements. These agreements will give children security and guidance.

### Lay a foundation

Thus, you lay a foundation for the responsible use of digital media without discrediting them.

### Being consistent

Children can accept and follow rules better when parental behaviour is consistent.



# There are many alternatives

What can you do when their screen time is up? There are many possibilities!

## Setting a good example

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**How do you as a parent spend your media-free time?**

As a parent you are a **role model**. Children learn a lot by imitating others.

Set a good example by leaving the television turned off more often, your tablet in the drawer or your mobile phone in your pocket.



# ernatives!

## Adventure ahead

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Playing with toys or playing games outdoors in the fresh air will help children discover the real world themselves.

Sports and play appeal to all the senses. Thus, children learn to move and interact with each other better.

This also promotes the language skills of your child.

**Digital games and media should always make up the smaller part of your child's free time.**



# There are many alternatives!

## Playing active

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**Playing is not only a pastime, but the ideal preparation for life.** Thereby, children develop different interests and learn what they like and dislike.

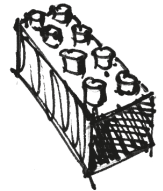


### Painting and drawing

Painting and drawing involve: discovering colours, shapes, space, proportions, contrasts. Thereby, children develop the fine motor skills of their hands and eyes.

### Handicrafts

Many children like to do handicrafts. They unfold their imagination, learn to plan, to understand connections and to deal with different materials.



### Sports

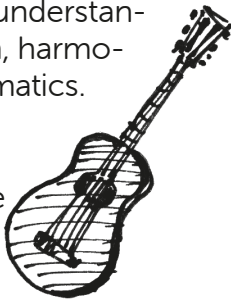
Movement increases physical performance, strengthens muscles and bones. The posture becomes more stable, the heart and lungs work better. This means: More oxygen in the brain for higher mental performance.

Learning about team spirit and fairness supports social development.

## Music

Learning to play an instrument promotes the understanding of rhythm, harmony and mathematics.

When making music children can be creative and express their feelings.



## Cooking and baking

Cooking and baking offer a sensual experience. Your child will learn about a healthy diet and the use of food.



## Picture books and reading books

Books are very important for language acquisition and for discovering the world! Furthermore, books also foster memory performance and stimulate the child's imagination.



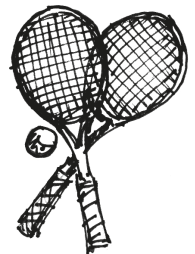
## Playing with other children



In cooperative play children learn to get along with each other, to resolve conflicts and they learn from each other.

## Children need time

Not everything has to be organised and planned at all times.



**Boredom is important! That is how new ideas for games emerge.**

# For further information on this topic:

- [www.bsgl.ch/digitalemedien](http://www.bsgl.ch/digitalemedien)
- **Medienbriefe - SCHAU HIN!**  
[www.schau-hin.info](http://www.schau-hin.info)  
Here you find media letters with concise tips for the age groups from 3 to 13 years.
- **Ordering the brochure**  
[www.bsgl.ch/digitalemedien](http://www.bsgl.ch/digitalemedien)

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## List of references

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