

Playing on screens for a long time harms the eyes of young children as it makes them short-sighted.

Ophthalmologists warn: long and frequent close-up viewing of a phone or tablet leads to the eyeballs growing too much and children becoming short-sighted. Babies and young children also need to learn to see spatially (in three dimensions) first. Flat screens prevent this, because children are unable to pick items up in their hands.

Ophthalmologists therefore recommend no computer, phone, tablet or TV for children **under** the age of 3! **Over** the age of three the maximum should be half an hour a day, and the eyes should be at least 30 cm away from the screen. Spending at least 2 hours outdoors in the light is important for children's eyes to develop in a healthy way

(recommendation from the Conference of the German Ophthalmological Society in 2018).

Recommendations from the World Health Organisation on daily exercise, duration of sleep and screen times from infancy to the age of five:

https://www.bvpraevention.de/cms/index.asp?inst=news_bv&snr=12809

Further reading on children and media:

<https://www.kindergesundheit-info.de/themen/medien/>

Rules for media:

- Determine when you will switch off before switching on.
- Do not let your child channel-hop or click randomly.
- Only allow programmes and games that are suitable for children and do not include violence (see also <https://www.flimmo.de/>).

- Not all cartoon films are for children.
- Talk to your child about what they have seen.

Films that have not been processed disrupt the sleep.

Screen media should be switched off 2 hours before going to sleep for a healthy sleep.

- Children believe what they see – switch off when the adverts are on and explain why you are doing this.
- Do not use media to reward, punish or calm your child.
- All screen media should be switched off when you are eating together.
- Televisions and games consoles do not belong in children's bedrooms.

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AGE 3-6



TIPS FOR THE HEALTHY USE OF PHONES/TABLETS/ TELEVISION/GAMES CONSOLES

Phones/tablets/TV and computers and games consoles are part of everyday life in all families. Children really like them.

But 30 minutes a day is enough! More than this will damage children's healthy development.



What children aged 3-6 need:

- Answers to the many questions they have.
- Parents who talk to them a lot so they learn to speak correctly.
- They need to experience things (feel, taste, smell, touch, try) to learn new things.
- Children learn by doing things themselves and trying things out, not by watching!
- Electronic media make children passive and rob them of the time they need to play and exercise.



**Play with me
and not with your
smartphones!**



Display

Parents are role models:

- ☺ You should only use screen media in a targeted and limited way too. Switch off, when your child wants to play with or talk to you.

Some tips for everyday life so your child learns everything they need to in school:

- ☺ The real world is more important than the media world:
 - ☺ Playing
 - ☺ Singing
 - ☺ Painting
 - ☺ Reading aloud
 - ☺ Crafts
 - ☺ Walking
 - ☺ Riding a bike
 - ☺ Playing with other children
 - ☺ Doing housework together
 - ☺ Storytelling
 - ☺ Frolicking
 - ☺ Building
 - ☺ Excursions
 - ☺ Sport
 - ☺ Climbing
 - ☺ Splashing
- ☺ Rest and even boredom are important so children learn to develop their own ideas.
- ☺ Children should go outdoors every day, even when it is raining.
- ☺ Children aged 3-6 should exercise for at least 3 hours a day, 1 hour of which should involve moderate to significant exertion. All of this helps your children to develop well!