

FAQ

Questions and answers about digital media for children (0-5 years)

1. At what age should children start using digital media?

Children under 3 years old should not use screens. They learn best through play and real-world experiences. From age 3, they can use age-appropriate media, but always in the presence of parents.

2. How much time should children spend on digital media?

🚫 **Under 3 years:** Avoid screens as much as possible.

👨👩 **Ages 3 to 5:** Maximum 30-60 minutes per day, with parents.

Media should not replace sleep or active play.

3. What types of media are good for young children?

- ☒ Simple and easy-to-understand content.
- ☒ No violence or fast, hectic scenes.
- ☒ Educational content and positive messages.

Songs, interactive stories, and nature documentaries are especially good.

4. Where can I find good media for my child?

🌐 **Online:** Websites like “Schau hin!” or “Flimmo” offer recommendations for child-friendly content.

📱 **Apps:** Check reliable reviews to find good apps and games.

5. Why should I use digital media together with my child?

Young children need help understanding media. Together, you can:

- 🗣️ **Explain** content and answer questions.
- 💬 **Talk** about what was watched
- 🧠 Learn to **think** critically about digital media.
- 👨👩 Turn screen time into **quality time** together.

6. Are there risks if children use digital media too much?

Too much screen time can cause:

- ⊗ Sleep problems.
- ⊗ Reduced attention and concentration.
- ⊗ Less physical activity and development.
- ⊗ Slower language development.

That's why it's important to limit screen time.

7. How can I integrate digital media into daily life?

- ✓ Don't use screens as a babysitter.
- ✓ Set fixed media times.
- ✓ Connect media to real-life experiences (e.g., after watching an animal video, visit a zoo).

8. What are alternatives to digital media?

- 📖 **Books** – Reading stories and looking at picture books.
- 🎵 **Music** – Singing, dancing, making music.
- 🧩 **Free play** – Building blocks, puzzles, role-playing.
- 🌿 **Nature** – Playing outside and exploring.

9. How can I be a good role model?

- ✓ Limit your own screen time when your child is present.
- ✓ Create screen-free moments (e.g., during meals or before bedtime).
- ✓ Use media mindfully and purposefully, not just endless scrolling.

10. What if my child doesn't want to stop using media?

- 🗣️ **Set clear rules** and stick to them.
- 🎮 Offer **exciting alternatives**.
- 🗣️ **Explain** why screen time is limited.
- 🧠 Choose **activities** based on your child's interests.

11. How do I know if my child has a digital media problem?

- ⚠️ Gets angry when the screen is turned off.
- ⚠️ Loses interest in other activities.
- ⚠️ Can't play without media.

If so, reduce screen time and encourage other activities.

12. How can I protect my child from inappropriate content?

Best is not to leave your young kid unattended with digital media.

- 🔒 Use **parental controls** on devices.
- 📱 Choose **child-friendly apps** and platforms.
- 👁️ **Check content** before your child watches it.