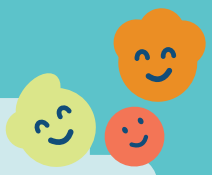
Exploring media together

Keep your child's age in mind when you apply our tips.
You can find more information about age-appropriate screen time here.

1. Go big

A big screen in a shared space, like a TV or a gaming console in the living room, makes it easier to join in and monitor your little one's media use. A big screen is also better for their eyes and encourages healthier viewing posture.



2. Lead by example

Kids learn by mimicking what you do, so set a good example. Be mindful of your own screen habits and put your phone away when your child isn't using a screen.

3. Discover media together

By exploring age-appropriate films, podcasts, and books together, you can make online time both fun and safe. How does your child respond to media? Is it really age-appropriate?

4. Ask questions

You can't play with them or monitor their screen use 24/7, but you can make sure you're involved and aware. Stay nearby and know what your kids are watching. Keep the conversation open and ask questions about what they do and see online.

5. Get involved with what you read, see and hear

Be an active participant in your child's media use. Act out stories from books, videos, or podcasts using facial expressions, hands, and feet. Draw or craft the main characters or dance along to the intro music of a favourite show.

6. Teach media awareness

Instead of clicking it away, teach your child to come to you or another adult when they see something strange or unsettling. This will help your child learn how to navigate media safely and be aware of what they're seeing.

8. Connect online and offline activities

Link screen time to real-world experiences. If you went to a petting zoo today, watch a video about taking care of animals. This will help your little one experience the same sights and sounds in a whole new way. You could also look up a video recipe and bake cookies together. This is a great way to make media an extension of their world.

7. Make agreements at an early age

Create a consistent routine by making clear agreements about media use. One way to do this is to link it to other daily activities (e.g. 'You can watch a video after lunch'). This prevents unnecessary arguments.

For more information visit **mediaukkiedagen.nl**

Netwerk Mediawijsheid

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The following partners of Netwerk Mediawijsheid contributed to these eight tips: Kenniscentrum Sport & Bewegen, Mediasmarties, NJi, Marije Lagendijk | Mediapedagoog, Humankind, gro-up, JOGG, and Vrije Universiteit Amsterdam.