

# 7 REFLECTIONS

## on screens and their place and role within the family

You can find other versions in LU/DE/FR/PT and further information at [www.eltedeforum.lu](http://www.eltedeforum.lu)



### 1 Look at your child

For a new-born, mum and dad's faces are the most important source of information. Look at your child during breastfeeding and at mealtimes, when out for a walk, when playing, at bath-time, etc. and leave all kinds of screens aside.

### Their calmness is only apparent

When children are worked up, they need us to regulate their emotions and make them feel safe: by taking them in our arms, comforting them, doing breathing exercises together, taking them out for a walk, talking with them or telling them a story, we can help them to calm down. Children are captivated by screens, but their calmness is only apparent.



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### 3 Time is precious

To develop, children need their parents to be there for them and to listen.

Let's try to make the most of our time together as a family, by moving around and playing together, exploring the environment, talking to each other, etc.



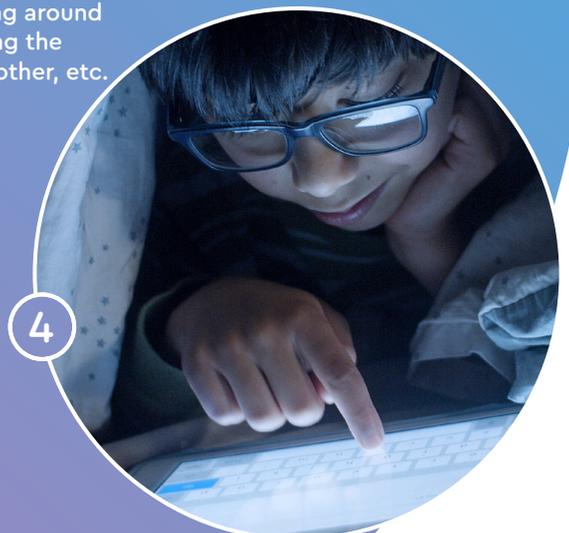
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### 4 Beware of potential dangers

When our brain is over-exposed to screens, it risks becoming overwhelmed, leading to:

- difficulty in concentrating,
- feelings of irritability,
- a lack of interest in real or school activities,
- fatigue,
- difficulties in sleeping and nightmares,
- addictive behaviour

Let's safeguard our (mental) health and adapt the use of screens to the age of the child. If you need information or advice about online safety, please contact the free BEE SECURE Helpline: 8002 1234.



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## Putting in place a framework

We should take a close interest in our children's virtual activities, being conscious of our role in setting an example as parents. Here are some ideas of clear and simple rules that could be useful to your family:

- A timer or hourglass can help with visualising and limiting the time spent looking at a screen.
- "Screen tickets" help children to take responsibility and to self-regulate.
- A bond of trust can be agreed with older children.
- The best place for the screen is a common area within the home.
- Screens should be avoided in the morning, at mealtimes and before going to sleep.
- One should avoid violent and immoral content, and encourage games designed to be played together between "real friends".

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## "Like" yourself?

Let's not allow the number of "likes" to determine our self-esteem!

- We should engage, as a family, in activities which nurture our wellbeing and our self-confidence: art, sports, "real" encounters and exchanges, outings, nature, play, etc.
- A climate of trust should be created within the family, so any family member can have the confidence to talk about any sort of virtual attack.
- We should keep a wary eye on content shared on social networks. The internet doesn't forget.

## Let's be positive!

- Depending on how we use them, screens can be enriching!
- As with so many things, it's all a question of proportion and balance.

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The Eltereforum is a new service of the Ministry of Education, Children and Youth. It is a place where all parents can get advice, information and support.



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