







-  Version française
-  Deutsche Fassung
-  Lëtzebuergesch Versioun
-  Versão portuguesa

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Avoid exposure to screens between 0 and 3 years old

Young children are stimulated through sensory activities and personal interactions.

Ensure you encourage activities linked to the 5 senses: building games, reading, stories, walks, outdoor games etc. You can find a multitude of parent-child activities in our agenda at eltereforum.lu



Rethink your own screen use

Children learn by observing and imitating us. Finding a balance doesn't mean giving up technology, just making a sensible use of it.

- How often do I have my phone with me, when I don't need it?
- Can I have set times without any digital distractions? For example: When we wake up, during meals, before bedtime, while playing or going for walks.

Create relationship-building opportunities

From the moment they're born, children seek eye contact with their parents to communicate, to understand emotions and to develop language. As parents, we can give them quality time by asking ourselves:

- At what times is my gaze fixed more on my screen than on my child?
- How can I integrate more time into our daily life where my child has my full attention?
- Can I put my phone down while my child is talking to me or showing me something?



Encourage play, imagination and creativity

Play makes a vital contribution to a child's creativity, autonomy and a multitude of other skills. For example, you can:

- Give a cardboard box a second life: Transform it into a boat, a house, a hut or use it for handicraft work.
- Engage in role-playing or dressing-up games.
- Explore nature: collect leaves, flowers, play with water, observe insects etc.

It's normal for children to get bored sometimes and this is very beneficial! Boredom can spark great creative ideas.



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Be more active and find a balance with screen time

Movement is vital for physical and mental health. Integrating more physical activity can be an excellent way to vary the things we do.

- Indoors: Create an obstacle course, play hide and seek, dance etc.
- Outdoors: When you're walking, add in some challenges (walk along a line, hop on one leg), climb, run, explore, chase bubbles.

Replace one screen-time activity with shared physical activities; even if they're only short, they can boost well-being.

Interaction and language development: Talk, listen, understand

Children essentially learn to talk through their interactions with adults. You can:

- Sing nursery rhymes and songs together.
- Look at a book and ask open-ended questions: "What do you think will happen next?"
- Encourage the child to tell you about their day in their own way.
- Accompany your actions with words (talk about what you are doing while you're doing it).



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Find your own balance

Being a parent is a challenging adventure. Looking after your own well-being is just as important as spending time with your children. Finding your rhythm, not striving for perfection and giving yourself breaks is beneficial.

- Do I make time for myself every day?
- In what situations can I accept support from friends and family?

A parent who feels good can be more present for his child.

The Eltereforum is a service of the ministry of Education, Children and Youth. It is a place where all parents can get advice, information and support. For further information, please visit www.eltereforum.lu or follow us on our social networks.



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