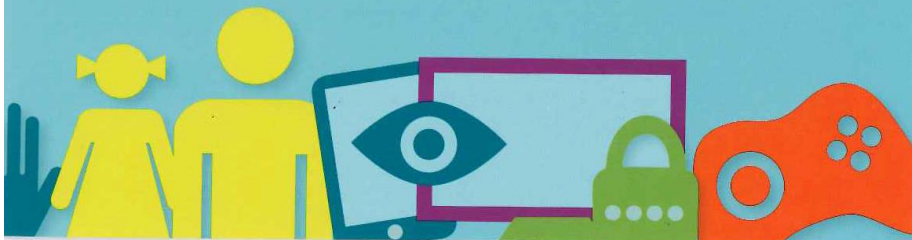


In short!

# YOUNG CHILDREN and SCREEN TIME

– a good start



## Experience the media with the child

- Spend time with the child: watch television together, play games and have fun – lead the way and show them opportunities
- What interests and fascinates your child? And what causes him/her to lose interest?
- Spend time talking about what you experience together – what is good and not good, and why?

## Create clear family rules

- Where in the home do you want the children to have media experiences?
- Should the family have designated screen times?
- Or designate set screen-free time?
- Which services can they use, and which services can they not use?
- Could you benefit from talking to others about how they organise this at home?

## Learn more about services, content, technology and age limits

- Different technologies have different settings
  - what options does the device your child will be using have?
- Try out services and content yourself before the child gets access
  - is there an option to adapt the service
- Do services, games, videos and other content have age limits?
- What content and experiences can the child access?
- Can the child easily access other content using links or suggestions?

## Be a positive role model

- Who are you online and on social media?
- Where and when do you use the digital devices?
- How do you talk about and to others at home?  
And online and on social media?
- Do you ask before you share photos of others
  - whether they are children or adults?



Read more:  
[medietilsynet.no/engodstart](https://medietilsynet.no/engodstart)

