

Responsible
Digital
Use



0-3 YEAR OLDS



For a child's healthy development, **no screens before the age of 3.**

3-4 YEAR OLDS

The child should not be left alone in front of a screen. **Parents guide them and set rules.** For the child's well-being, screen time should not exceed 30 minutes per day.



Dress up

Dance

Do crafts

Sing

Cook

Draw

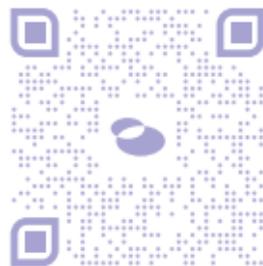
Explore
nature

Play with hands-
on games

Build dens

Share stories

Find more information and other
«tips and tricks» for daily life on
usagenumeriquevalais.ch



usage numérique
responsable
Medienkompetenz



Promotion santé Valais
Gesundheitsförderung Wallis



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