

## Responsible Digital Use

# 4-8 YEAR OLDS



The adults are aware that they set **an example for the child.**

**They talk to the child about screens** and the emotions they evoke when they are used.

**They establish limits** and give meaning to the rules.



Quiet activities,  
crafts, building

Print a picture to colour

Draw up a charter together

Play games as a family

Borrow games from  
the toy library

Outdoor games

Find more information and other  
«tips and tricks» for daily life on  
[usagenumeriquevalais.ch](http://usagenumeriquevalais.ch)



usage numérique  
responsable  
Medienkompetenz



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