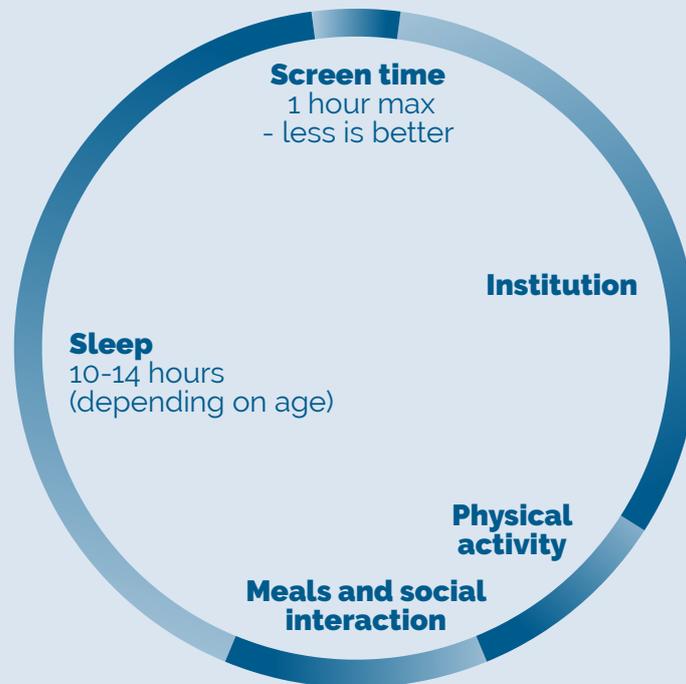




Advice on daily screen use

Children 2-4 years



It is up to you as a parent or caregiver to make all decisions, including how much screen time should be part of your child's daily routine. Therefore, it is important to be aware that young children need to spend most of their waking hours on activities other than screen time, which help them develop physically, mentally, and socially.

Your child's bedtime routine

- Do not use screens for reading bedtime stories, as the light from the screen makes your child less sleepy, and sleep is important for their development and well-being.
- Read a story together from a book or sing a song before your child goes to sleep.
- Establish a calm and relaxing bedtime routine – such as listening to soothing music.

Your role as a parent

- Your child needs your attention to develop physically, mentally, and socially, so be present when spending time together.
- Your child imitates you, so it is a good idea to lead by example and follow the screen use rules you set for your family.

- Avoid using or looking at screens during meals.
- Children between 2 and 4 years should limit screen time to a maximum of 1 hour per day in their leisure time – less time is better.

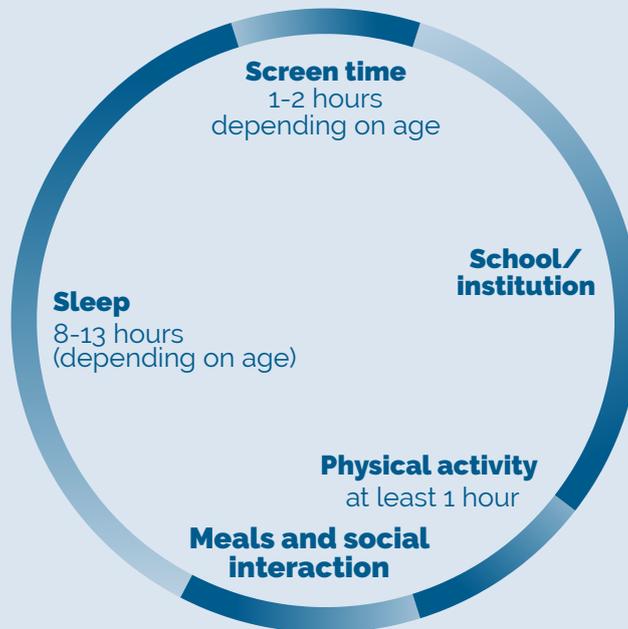
Before your child turns 2 years old

- You should not let your child sit alone with a smartphone, tablet, computer, or television.
- If you use screens together with your child, it should support their development and well-being. This could include content that encourages dancing, jumping, singing, imitating animal sounds, or engaging in other active play together.



Advice on daily screen use

Children and adolescents 5-17 years



As your child grows older, screens become a more integrated part of their daily life. Screens are used for entertainment, contacting friends and family, making plans, shopping, and more. Therefore, the following advice should be considered in relation to your child's age. You can help your child by ensuring they get enough sleep and physical activity and by encouraging time away from screens. If you are a parent of a child in this age group, you still play a central role in guiding and discuss with your child about how and when screens are used.

Your child's bedtime routine

- Help your child establish a routine of doing other activities before bedtime instead of looking at screens. This could include preparing for the next day, tidying up their room, packing their school bag, or reading.
- You can use features that limits access to various apps after a certain time of day – for example, an hour before bedtime.
- Agree with your child on how late they can send messages to others in the evening.

The room your child sleeps in

- Encourage your child to use a regular alarm clock instead of a phone. Sleep is important for your child's development and well-being.

Agreements about screen use

- Depending on your child's age, they should not spend more than 1-2 hours per day on screens in their leisure time – less time is better.
- Encourage your child to meet their friends in person rather than only interacting on digital platforms.
- Support your child in being physically active throughout the day, preferably for at least 60 minutes.

- Agree on fixed screen-free times during the day with the family, such as during meals.
- Regularly discuss family expectations regarding screen use and make agreements that everyone can follow.
- Your child follows your example, so it is a good idea to lead by example and follow the family's screen use rules.

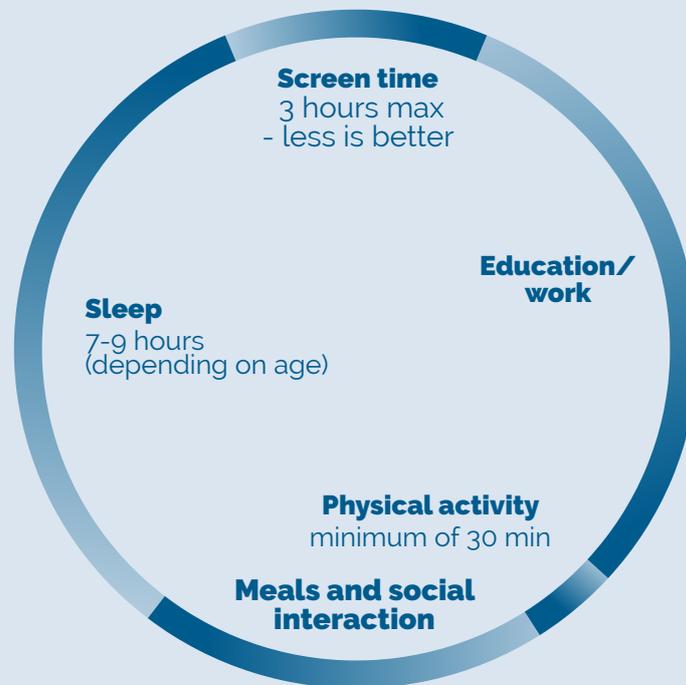
When your child is on social media

- Be aware of how your child uses screens and whether they are viewing content that does not stop automatically, such as social media and streaming with autoplay features.
- Talk to your child about maintaining a respectful conversation on social media and in online games.
- Be available if your child needs to talk about their experiences online, engage in dialogue without being judgmental.
- Support your child in being critical of the information, attitudes, and values they encounter online, on social media, and other platforms.
- Be aware that girls tend to use social media more and may be particularly vulnerable to content and conversations on these digital platforms, especially in terms of comparing themselves to others and developing low body satisfaction.
- Show interest and ask about the communities your child is part of, such as gaming and social media.



Advice on daily screen use

Adults 18+



The digitalisation of society means that many people use screens frequently and for various purposes throughout the day. If you want to maintain good health and well-being, we recommend that you make sure to get enough sleep, being physically active, and spending time away from screens. Additionally, you may be a parent and thus a role model for your child regarding screen use.

Before you go to bed

- Make it a routine to do other activities before bedtime instead of looking at screens. This could include preparing for the next day or relaxing with a book or with the family.
- Use a function that limits the use of various apps after a certain time of day – for example, an hour before bedtime.
- Consider how late you send messages to others in the evening. We recommend getting 7 to 9 hours of sleep.

The room you sleep in

- Use a regular alarm clock instead of your phone.

Spend time on other activities besides screens

- Do not use screens for more than 3 hours per day in your leisure time – less time is better.

- Prioritise meeting your friends in person, not just on digital platforms.
- Be physically active where you get out of breath throughout the day, preferably for at least 30 minutes.
- Agree on fixed screen-free times during the day with your friends and family, such as during meals.

When you are on social media

- Be aware of how you use screens and whether you are viewing content that does not stop automatically, such as social media and streaming with autoplay features. Avoid letting the conversations become too harsh or aggressive on social media or in games.
- Be critical of the information, attitudes, and values you encounter online, on social media, and other platforms.