

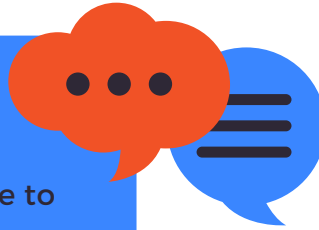
TOP 5 TIPS FOR PARENTS TO AVOID

Media Conflicts

Media often lead to disputes in everyday family life, with some tips and regulations, this can be avoided.

Communication

Talk together about the time they spend online. Are these times productive, entertaining or do they serve to switch off?



Agreements

Draw up a media contract for your family in which you agree on rules of conduct and times of use. These must not be broken. Jointly established rules support children in implementing them.



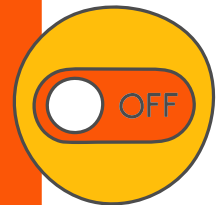
Manage Technologies

Many devices have technological switch-off mechanisms. Use these to limit TV viewing times or Internet access. This can be especially useful in the evening.



Turn-off

Set up screen-free zones and turn off your electronic devices together as a family. To avoid disputes over media use, it is important that adults also rethink their media consumption and get involved.



Be an Example

Children learn from their parents. Be a role model in media use and observe and change your own media behaviour if necessary.

