

GROWING UP HEALTHY

in the world of digital media



"Our hope is that as many children and adolescents as possible can grow up healthily, so that they can encounter their digital future competently."

Dr. med. Michaela Glöckler

WHAT IS NEEDED

for healthy development



To *develop their senses* children need direct, unmediated experiences – natural phenomena, experiences outdoors, interaction with animals, musical instruments, etc.

Cognitive development is promoted by having lots of movement and time for free, unrestricted play.

For the *development of fine motor skills and creativity* frequent encouragement to draw, engage in craft activities, sculpture etc. is very helpful.

Direct, face-to-face contact with other people stimulates the *development of speech*.

The *Interest and attention* from parents without the presence of screen media strengthens the parent-child bond.

WHAT TO AVOID

regarding the use of screen media



Screen time *impairs brain development* by limiting the variety of sensory impressions required for its development: seeing, hearing, tasting, smelling, touching and feeling.

The use of screen media too early in life can lead to *disturbed speech development, poor concentration, physical hyperactivity and inner restlessness*.

Time spent in front of the screen *reduces the child's engagement with life* and encourages inactivity.

Screen media replaces direct contact with the real world and with other people.

Excessive use of screen media *disturbs the bond* of parents with their children and vice versa.

HOW TO DEVELOP

responsible use of media



Periods of *focused affection and lots of physical contact* and closeness are very important for both mother and child. Allow yourself time for these treasured moments!

Quiet times are important for your baby, because then it has time to explore its own body and the environment.

You also need time to rest. Your child should therefore get used to entertaining him or herself. Even a small child can do that.

The early childhood environment should ideally be *free of technical media*.

Your child does not need screen-based toys. The featureless surface and the one-sided operations do not adequately stimulate the brain development.