

## prävention@home Ein digitaler Elternabend in einfacher Sprache.

### The online parent-teacher-meeting offers tips on smartphones both for parents and children.

We will try to understand why the children's cellphones are so exciting for them. The kids see their parents and copy what they see. This is why we are asking ourselves today: How are parents using their cellphones nowadays?

The grownups often have their cellphones in their hands, or they leave them lying near by them. We check the time, the mails and news.

Try to think about this: How often am I using my cellphone, while my kid sees me? A child thinks that the cellphone must be something very important, so they copy your behavior. You may think now: What is wrong about that? The cellphones need a lot of time through the day. There are many minutes a day you use it. A grownup uses his cellphone on average about four hours a day.

We associate the cellphones with something good because it shows us nice and funny things. This happens without even thinking about that. This is the reason why look so often at our cellphones. We hope that we will receive something funny or entertaining. A child should learn that the ringing of the cellphone doesn't mean, that it must be something good. The child must learn that there are more funny and entertaining things than the cellphone.

Please show your child, that it is more important to you than your cellphone. Less time in front of a cellphone screen, is better for the eyes. The child doesn't need its cellphone to play games or have hobbies. It should learn to use its own imagination.

### 8 Tips for you and your child (Using a cellphone through the day):

#### **First tip: Rituals without the cellphone**

What could you do or make with your child without using a cellphone? For example: The whole family isn't allowed to use the cellphone, while you are eating on the dining table.

#### **Second tip: Time without the cellphone**

Try to have time with your kid, without the cellphone. Ask him or her questions and try to listen carefully.

#### **Third tip: No cellphone while studying.**

The cellphones distract us, while we are working. Every sound interrupts our concentration. It is the same for children. Studying gets more difficult, the homework needs more time. It would be better to not have the cellphone in the same room while the kid is doing its homework.

**Fourth tip: The cellphone isn't a babysitter.**

Take care of what your children is watching on its cellphone. Some kids give their cellphones to their younger siblings to do their homework without being interrupted by them.

Sometimes the younger siblings see things they shouldn't. For example: If you watch a video on YouTube, the next one starts automatically. In this next video there could be a content that they shouldn't see (something violent or pornographic)

**Fifth tip: No cellphone in traffic**

Many accidents happen while someone is watching its cellphone instead of looking on the street. Be an example for children. While you are driving, or walking don't use your cellphone.

**Sixth tip: One screen at a time**

Our brain can do many things. But doing two things a time is sometimes too difficult. If we try it is very stressful.

Choose only one screen. Chat or series, posting or watching a film. Cellphone or TV. This is also very important for the kids.

Seventh tip: No cellphones in the sleeping rooms

Kids need enough sleep. This is why they should turn off their cellphones or they leave them outside of the sleeping room. Kids should sleep 8 to 10 hours per night.

Eighth tip: Take care of what photos you post of your kids.

Photos can spread within seconds all over the internet and can be used from criminal individuals.

Please be careful an protect your children. Post as less photos of your children as you can on Instagram, Facebook and on your status on WhatsApp.

These tips are just suggestions. You can decide for yourself what you want and can apply to your everyday life.

It's important for you to know what your child is doing on its smartphone. That's why you should talk to your child about smartphones.

You can find more videos on smartphone handling on my website. Take a look!