

0-3 years  
3-6 years

# LET'S MAKE A PACT?

TECHNOLOGY YES, BUT AT THE RIGHT TIME  
GOOD DIGITAL PRACTICES FOR CHILDREN



DIGITAL PACT BETWEEN FAMILIES OF IMOLA AND THE SURROUNDING AREA

**The average age at which children and teenagers are given a smartphone has fallen dramatically.**

Today, even young children use it for several hours a day, often without adult supervision.

**But is this good for children? NO.**



### **THE SCIENTIFIC COMMUNITY ATTRIBUTES VARIOUS NEGATIVE EFFECTS ON CHILDREN TO THE IMPROPER USE OF DEVICES**

- **PHYSICAL DEVELOPMENT:** OVERWEIGHT AND OBESITY, EATING DISORDERS, ALTERED SLEEP/WAKE CYCLE, CONSEQUENCES OF INCORRECT HEAD POSTURE, IMPACT ON EYESIGHT.
- **COGNITIVE DEVELOPMENT:** SIGNIFICANT LANGUAGE DELAYS, ATTENTION AND CONCENTRATION DIFFICULTIES.
- **SCHOOL ACTIVITIES:** POORER SCHOOL PERFORMANCE IN CHILDREN WHO USE DEVICES EXCESSIVELY AND AT AN EARLY AGE.
- **PSYCHOLOGICAL AND SOCIAL DEVELOPMENT:** IMPAIRED PARENT-CHILD INTEGRATION, SOCIAL ISOLATION, SOCIO-EMOTIONAL DELAYS, AGGRESSIVENESS, ANTISOCIAL BEHAVIOUR.
- **PLAY SKILLS, PROBLEM-SOLVING, DEVELOPMENT OF MANUAL SKILLS:** REDUCTION IN COMPETENCES.
- **TOLERANCE OF FRUSTRATION:** INCREASING DIFFICULTIES, TECHNOLOGIES ACCLIMATISE US TO HAVING *“EVERYTHING AND IMMEDIATELY”*.

## SMART KIDS...?

In the early years of life, children need to **“experience”** and learn about the world through their senses, hands and feet, and build a solid **emotional world** in their **relationship** with their parents. Screens do not help them achieve these goals. Children’s growth follows specific **developmental stages**, and the introduction of devices must also respect these stages.

Recent studies show that the use of screens during **breastfeeding** compromises the quality of mother-child communication, disrupting the emotional bond. The child struggles to find the mother's **gaze**, which is essential for **emotional regulation**.

Another warning sign concerns the ‘surrogate’ use of screens by parents from the first months of a child's life to **calm**, **feed** or **entertain** them.

If a parent notices that a smartphone stops their child **crying** or helps them to eat, they tend to use it frequently. But, even if it seems to work at the time, using a phone in these situations **is harmful**.



The **weaning** phase is also a crucial moment, as it represents an important sensory experience for the child in discovering food.

Being aware of what you eat, recognising its smells, textures and flavours promotes healthy eating habits and prevents obesity and related diseases.

It is important that this phase is supported **without external interference**, even when the child struggles to eat.



## WWW.PATTIDIGITALI.IT

The 'digital pact between families' of Imola and the surrounding area is an **agreement between families** who, in collaboration with **institutions**, seek to **regulate screen use** by sharing the same criteria, based on **scientific evidence** and the needs of **different age groups**.

0-3	3-6	6-11	11-13
YEARS	YEARS	YEARS	YEARS

You can sign up to the digital pact between families on the website.  
As children would say, ***shall we make a pact?***  
[www.pattidigitali.it](http://www.pattidigitali.it)

## NOW THAT YOU KNOW, JOIN US!

Adopting **conscious behaviour** when using digital technology is essential to **protect children's health**.

Experts suggest approaching digital technology **gradually**.  
But for families, it **is often difficult to resist** their children's insistence on the subject.  
So why not **agree** among adults?

## HOW TO USE SCREENS WITH CHILDREN IN A CONSTRUCTIVE WAY

If you decide to use screens with your children, only do so **FROM THE AGE OF 3 YEARS**.

### **ENCOURAGE ACTIVE USE, NOT PASSIVE USE**

Do not use screens to keep children quiet and still.

### **USE SCREENS TOGETHER WITH CHILDREN**

Discuss with children what you are doing and seeing together on the screen.

### **USE YOUR SMARTPHONE TO LISTEN AND CREATE TOGETHER WITH CHILDREN**

Suggest audiobooks, music and creative games.

### **USE YOUR SMARTPHONE TO FIND ANSWERS TO THEIR QUESTIONS**

This will encourage children's curiosity.

### **REMEMBER: YOU ARE THE ROLE MODEL**

Always set a good example, even when using devices: children imitate you!

## **GOOD DIGITAL PRACTICES FOR EARLY CHILDHOOD**

### **FROM ZERO TO THREE YEARS, NO SCREENS**

Remember that it is not advisable to expose children to devices until they are three years old.

### **NO SCREENS WHILE BREASTFEEDING**

Your baby needs eye contact.

## **FROM THE AGE OF 3, IF YOU DECIDE TO USE SCREENS, HERE ARE SOME TIPS:**

### **PROTECT YOUR CHILDREN'S SLEEP**

Read a book or tell your child a story before bedtime, don't let them use a screen.

### **AT THE TABLE, WE GET TOGETHER AND TALK**

Mealtimes are a time for conversation and bonding: avoid screens.

### **PROMOTE REAL EXPERIENCES**

Bring children into nature, suggest experiences, sports and opportunities to meet friends.

### **CHOOSE AGE-APPROPRIATE CONTENT**

Use parental controls and, for video games, you can consult the PEGI standards.

### **YOU CAN CALM THEIR CRYING**

Use your voice, gaze and touch to calm crying, do not offer a screen: this will help the child learn to self-regulate better.

### **IN THE STROLLER AND AT THE PARK, EXPLORE!**

Outdoors, encourage children to observe the world, not a screen.

### **RESPECT TIME LIMITS**

Do not exceed the maximum time limit of one hour per day of screen exposure for children aged 3 to 6 years.

