



## 0-3 YEAR OLDS



For a child's healthy development, **no screens before the age of 3.**

Responsible  
Digital  
Education

## 3-4 YEAR OLDS

The child should not be left alone in front of a screen. **Parents guide them and set rules.** For the child's well-being, screen time should not exceed 30 minutes per day.



Dress up

Dance

Do crafts

Sing

Cook

Draw

Explore  
nature

Play with hands-  
on games

Build dens

Share stories

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«tips and tricks» for daily life on  
**[educationnumeriquevalais.ch](http://educationnumeriquevalais.ch)**



éducation numérique  
Medienkompetenz



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