8-12 YEAR OLDS

The recommended **age limits** must be **respected**.

Adults build a trust-based relationship that allows the child to talk about their digital experiences.

Clear boundaries give children a sense of responsibility regarding the impact of their actions on screens.

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Set a timer for screen time

Role playing, mime

Play screen-free games
with friends

Show them what you
enjoy doing on screens

Borrow books from
the library

Encourage club or
group activities

Find more information and other «tips and tricks» for daily life on educationnumeriquevalais.ch

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