

CELL PHONE, TABLET, TV, ETC.

Too many games and movies played or watched on cell phones, tablets, TVs, etc. have been shown to cause sleep and concentration problems, behavioral problems and poor academic performance. Therefore, here are **some tips** for parents in the digital age.

Be a good role model by putting your cell phone and tablet away and turn the TV and game console off. Make time for each other.



Be informed about what your child plays and watches. For movies there is a content rating system (FSK).



Set up screen time rules with your child about what, when and how long your child is allowed to watch a show or play a video game.



Talk to your child about what he has seen, heard or read.



For further questions please contact:

Team Sozialpädiatrie und Jugendmedizin

Telefon: (0511) 616-23384

E-Mail: jugendmedizin@region-hannover.de

Beratungsstellen für Eltern, Kinder und Jugendliche

Telefon: (0511) 616 - 23900

www.hannover.de/ netzwerkfamilienberatung

