

# How can I contribute to Healthy Screen Use in children?

## PROFESSIONALS

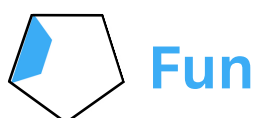
### What is Healthy Screen Use?

The use of screens can have positive aspects, but at the same time it can have negative effects on a child's development. That is why it is important to encourage healthy screen use.

Healthy Screen Use means:

- *Age-appropriate*: suited to the child's age.
- *Together*: you do it together, or someone watches along.
- *Balanced*: not too much screen time, and other activities too.
- *Positive*: children can also play and relax without a screen.

For more information, visit: [www.gezondschermgebruik.nl](http://www.gezondschermgebruik.nl)



Fun



Together

### What is important?



Safe

#### Fun & Trust

Show interest in what they do and enjoy online, and do things together both with and without screens. Children will only talk about their online world when they feel safe and listened to.

#### Safe & Resilient

Online risks are always present. Teach children how to deal with online risks and unpleasant behavior. Discuss how to treat others online and set privacy settings together.

#### Media-education

#### Balance & Content

A healthy balance between screen time and other activities starts with clear agreements about timing, duration, and content, made together with the child. Ensure there is enough time for movement, sleep, and outdoor play.

#### Own Behavior & Role Model

Caregivers are important role models for their children, including when it comes to screen use. Giving attention without distractions and limiting your own screen time makes a difference.



Content



Balance



Role Model

These themes correspond with the MediaDiamant. For age-specific tips, visit: [www.mediadiamant.eu](http://www.mediadiamant.eu)



**MediaDiamant**

# What advice can I give to caregivers?

## Fun & Trust

Advise caregivers:

- Show genuine interest in the child's digital world.
- Occasionally observe what they do online.
- Give trust and offer help with problems.

Ask caregivers:

- "What does your child enjoy most online?"
- "Do you do things together online or offline?"

## Balance & Content

Advise caregivers:

- Use Kijkwijzer or Gamewijzer to choose safe media.
- Prefer a large screen over a small one.
- Follow the 20-20-2 rule: 20 minutes on screen, 20 seconds looking away, 2 hours of outdoor play per day.

Ask caregivers:

- "How do you create screen-free moments at home?"

## Safe & Resilient

Advise caregivers:

- Set privacy settings together.
- Help children think critically about what is real and fake online.
- Discuss what your child can do if they encounter something unpleasant online.

Ask caregivers:

- "Do you have rules about new apps or purchases?"

## Own Behavior & Role Model

Advise caregivers:

- Set a good example by limiting your own screen time.

Ask caregivers:

- "How often do you use your phone when you're with your child?"
- "What rules do you have about phone use during shared moments?"

## Screen Time in Free Time: Advice

**0 - 2 years**

no screentime



**2 - 4 years**

max. 30 min. per day



**4 - 8 years**

max. 1 hour per day



**8 - 10 years**

max. 1,5 hours per day



**10 - 12 years**

max. 2 hours per day



**12 +**

max. 3 hours per day



## Did you know ...

- **making agreements about screen use works best before habits are established?**
- **it is not only important to set rules, but also to show interest in their online world?**
- **the advice is to give children a smartphone from around grade 8 (age 11-12)?**
- **the advice is to allow children social interaction platforms (e.g., WhatsApp) from secondary school and social media from age 15?**

This poster helps professionals in conversations about media guidance. We know this can sometimes be challenging, as every situation is different. Some children get a phone early, use social media, or spend more time on screens than recommended. Even then, you can use these tips.

In conversations, it is important to encourage caregivers to:

- *Keep talking* with their child about what they do online.
- *Think together* about what is safe and appropriate, for example which apps their child may use.
- *Make clear agreements* about how long (screen time) and when (not in the bedroom, during meals). Also discuss potential risks so the importance of these agreements is clear.
- *Guide rather than punish*: show interest, stay involved, and talk positively about what goes well.

We explain more in our webinar "Everything You Need to Know About the Healthy Screen Use Guideline 2025". You can watch the webinar here: <https://tinyurl.com/webinarGS2025>

## Together we know more

We are working on the *Healthy Screen Use Guideline* for caregivers of children aged 0-18. Do you have a tip, experience, or golden trick that could help other caregivers with healthy screen use? Share your idea via the QR code.

View the full report at: [www.gezondschermegebruik.nl](http://www.gezondschermegebruik.nl)

