



TAKE CARE OF YOUR CHILD'S BRAIN DEVELOPMENT

- A child's brain needs rest.
- Moving images tire the child's brain and make them feel restless.
- A child needs interaction with their parent.
- A digital device should not be used to calm or soothe a child.
- Eating together as a family without digital devices supports the child's development.
- It is good to have days without digital devices.
- A parent should also keep an eye on their own screen time.
- A digital device should not be used for calming down at bedtime.

HOW TO REPLACE THE SCREEN?

CRAFTS

READING A BOOK
LIBRARY

BOARD AND CARD GAMES

PLAYING

BAKING

HIKING, SPENDING TIME
OUTDOORS



SCREEN ACTIVITIES AND PROGRAMMES SUITABLE FOR CHILDREN

Pikku Kakkonen
Kielinuppu

Children's music
Children's movies and stories
Children's games
Drawing
Looking at photos

Screen time recommendation:

- 0-2 years of age, not at all
- 2-5 years of age, maximum of 1 hour/day (with a parent)
- 6-10 years of age, maximum of 1 hour/day
- 11-13 years of age, maximum of 2 hours/day

Finnish Institute for Health and Welfare THL and
Finnish National Agency for Education 2025



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