## YOUNG CHILDREN& SCREEN TIME - a go@d start



Use digital devices together with your child



Create clear family rules for media and technology use



Learn more about services, content, technology and age ratings



Be a positive role model!





Adapted with kind permission of the Norwegian Media Authority from the original resource Young Children and Screen Time - a good start

## YOUNG CHILDREN& SCREEN TIME

- tips for parents & carers



Give your child the best start to digital life by getting involved in their online activities



There are options and settings to adapt technology for your child's use



Consider the quality of time spent online, not only the amount of screen time



You are your child's most important role model - online and offline





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