

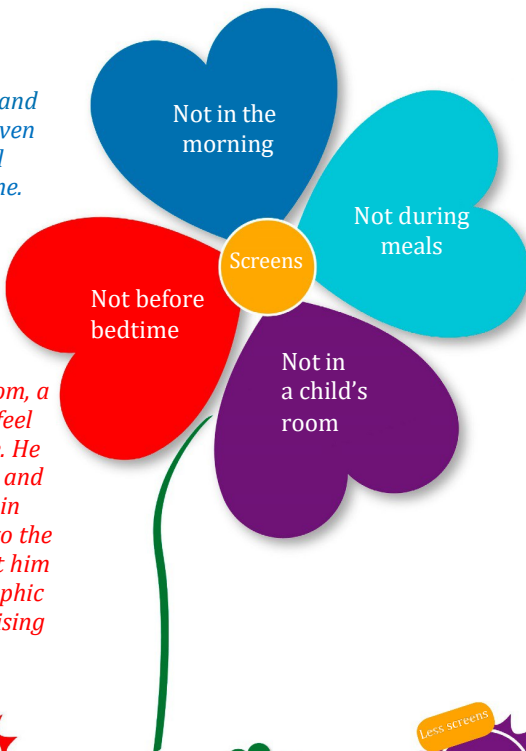


4 times without screens
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4 steps to better progress



Screens drain attention and prevent focus abilities, even in small doses. School performance can decline.

Your child talks less to you and you respond less when the TV is on, when you are looking at your mobile phone.
Talking often and regularly to your child stimulates his speech and intelligence. Screens do not help children to think.



Without screens in his room, a child learns how not to feel anxious when he is alone. He can then imagine, create and invent. Parents maintain control over what gets into the child's brain. They protect him from violent or pornographic images that are traumatising and exciting for him.

The blue light from screens inhibits melatonin and delays naturally falling asleep. Reading a book, singing a nursery rhyme and talking to your child soothes him and makes him feel safe. Staring at a screen before going to bed produces the reverse effect.

