

## YOUR CHILD'S FIRST DEVICE: WHAT TO DO BEFOREHAND

Getting your child their first device is an exciting milestone: prepare together to set healthy habits from the very beginning.



Co-funded by  
the European Union

## LET'S TALK!

Talk openly about why they want the device and how it will be used.

***What do they expect from it?  
What are your expectations as a parent?***

Let your child participate in setting the rules because co-creating boundaries helps build trust and responsibility.

## MINI CHALLENGE

Together with your child, write a **FIRST DEVICE AGREEMENT** that includes:

- Daily time limits
- Tech-free zones (e.g., bedroom, dinner table)
- Rules about online safety
- When and how they can ask for new apps

Sign it together and hang it somewhere visible.

## GET CREATIVE

Have your child design a **MY FIRST DEVICE WALLPAPER** with their own drawing of their favourite thing they like to do offline such as playing outside, reading, or playing games with family. They can use it as their home screen to encourage balance.



## CONVERSATION STARTER

 **"If someone you don't know sends you a message, what should you do?"**  
→ Talk about what's safe to share and who they can turn to for help.

 **"Why is it important to take breaks from screens?"**  
→ Talk about how taking breaks helps us feel better, move our bodies, and enjoy other fun activities.

## SAFETY TIP

Before giving the device:

- ✓ Set up parental controls
- ✓ Install age-appropriate apps only
- ✓ Turn off location sharing
- ✓ Create a child-friendly home screen
- ✓ Teach them never to share personal info or passwords

