



A COMMUNITY FOR THE DIGITAL PACT

PRE-SCHOOL / KINDERGARTEN

**"Good sense was there, but it kept hidden for fear of common sense."
(The Betrothed Chap. XXXIII)**

Technology has rapidly invaded and disrupted all of our lives because it caught us unprepared; Now that the consequences of device abuse are known, we could collectively reshape common sense. The pact is born from the collaboration between families, school, and the local community, with the aim of identifying a few clear and shared rules to approach the digital world gradually and mindfully. Our educational community believes in the importance of informing and training parents and anyone who takes care of the child (grandparents, aunts/uncles, baby sitters, siblings) on the correct use of digital devices and their potential risks, putting the child's well-being first.

1. SHARE YOUR TABLE, SHARE YOUR MOMENTS

Avoid using digital devices during meals, making them moments for dialogue and sharing.



2. PROTECT CHILDREN'S SLEEP

According to the recommendations of the Italian Society of Pediatrics (SIP), screens must be turned off at least 1 hour before going to sleep (light and stimulating content disrupt sleep). Place screens in common areas and not in bedrooms.



3. WHEN GOING OUT...

Encourage movement, physical activity, social moments, and spontaneous play with other children.



4. THERE WILL BE TIME FOR APPS!

You can offer short, age-appropriate content that engages the child's psycho-motor development (looking at photos and processing memories, listening to music, sound games, movement games, and sequential actions, e.g., cooking recipes...)



5. MOMENTS OF DISCONNECTION

Establish off-line moments or days for the whole family.



6. VALUE EMPTY MOMENTS

Do not fill moments of inactivity, waiting, or boredom with digital devices; leave the child free to find original and creative solutions and alternatives.



RISKS YOU MAY BE EXPOSED TO...



Scientific research [1] and the latest recommendations from the SIP (2025) [2] show that early and excessive screen use can be linked to:

Physical problems (posture, eyesight, nutrition, and sleep)

Cognitive problems (difficulties in language development, difficulties with concentration and learning, reduced attention spans, and decreased creativity)

Psychological consequences and emotional self-regulation (fear and trauma related to viewing adult content, decreased relational skills, and difficulties managing one's emotions).

FURTHER INSIGHTS...



The World Health Organization guidelines [3] indicate that in pre-school age screen use must be very limited; at 5 years of age, it should not exceed one hour per day and with adults by their side.

Before exposing a child to screens, it is suggested to check the suitability of the content based on the minor's age. It is important to identify programs from secure channels/platforms (e.g., YouTube and YouTube Kids are not reliable sources to depend on; YouTube's terms of service require the permission of a parent or guardian for minors under 18).

It is best to offer - always under adult supervision - large screens (such as TVs, no smartphones or tablets) where the distance between the child and the device is greater and there is more control by the adult; this way, the minor cannot quickly "scroll" through programs, as the use of a remote control is required.

To monitor access and available content, various forms of parental control can be used, such as Family Link: <https://familylink.google.com/>. Publishing photos of minors as if they were our own pictures is not recommended; it would be best to limit publication as much as possible not to affect their future and to avoid the spreading of private content on the web.

[1]

Yeon Kim et al. The relationship between smartphone overuse and sleep in younger children: a prospective cohort study, Journal of clinical sleep medicine, July 2020.

Madigan, S., McArthur, B. A., Anhorn, C., Eirich, R., & Christakis, D. A. (2020). Associations between screen use and child language skills: a systematic review and meta-analysis.

A study by Nikkelen et al. 2014 identified negative correlations between screen use and ADHD-related behaviors in children and adolescents.

[2]

<https://sip.it/2025/12/02/bambini-troppo-digitali-troppo-presto-ogni-ora-di-schermo-e-un-rischio-per-corpo-e-mente/>

[3]

<https://www.who.int/publications/i/item/9789241550536>