



PHON'O'METER

How do you use your smartphone? (apart from work needs or urgent communications)

Here's a simple tool to take a quick "live pic" of your relationship with the smartphone: a circle divided into 6 areas – when, how, privacy, where, contents/what, with whom.

In each area you will find 5 letters, read the following instructions for filling it out and circle the letters that seem to correspond most to your behaviors.

The diagram will help you understand what seems to be acceptable and what you could change in the use of the smartphone for you and your kids

■ CONTENUS

When I read news on the Web :

- A** - I always check the sources
- B** - When I have doubts I check the sources
- C** - I sometimes don't check the sources even if I have doubts
- D** - I don't believe anything I read
- E** - I tend to trust everything I read

■ TEMPO

J'utilise le smartphone :

- A** - less than 2 hours a day
- B** - 2-4 hours a day
- C** - 4-6 hours a day
- D** - 6-8 hours a day
- E** - more than 8 hours a day

■ WHERE

I use my smartphone

- A** at home in a specific place while I relax (living room, kitchen, couch...)
- B** - everywhere at home
- C** - even when I'm out of the house but only if I'm alone and I'm bored (waiting in a queue)
- D** - even if I'm out of the house and sometimes if I'm in company
- E** - even if I'm out of the house and often if I'm in company

■ RELATION

If I am with my child and I am taking care of him/her or we are doing something together (I am dressing him/her, I am making lunch, we are walking, we are doing homework...):

- A** - I do not use the smartphone
- B** - B. I use the smartphone with him/her in activities that engage us (we watch a video together, we play together...)
- C** - I sometimes use the smartphone without engaging with him/her for less than 10 minutes but I explain to him/her what I am doing
- D** - I sometimes use the smartphone without engaging with him/her for less than 10 minutes but I do not explain to him/her what I am doing
- E** - I sometimes use the smartphone for more than 10 minutes without explaining to him/her what I am doing

■ PRIVACY

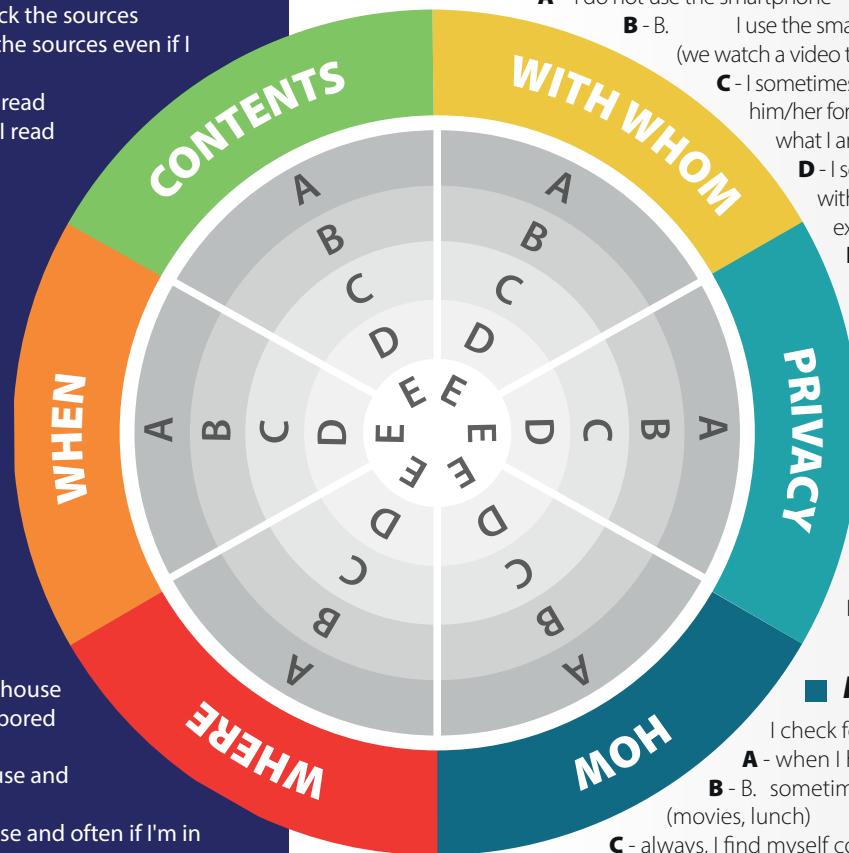
I usually post:

- A** - pics of landscapes, animals, objects, gifs
- B** - my selfies
- C** - pics of friends and family asking for their permission
- D** - pics of friends and family sometimes without asking for their permission
- E** - E.pics of my children

■ HOW

I check for messages, notifications and social media:

- A** - when I have time and can reply
- B** - B. sometimes even when I'm busy with other activities (movies, lunch)
- C** - always, I find myself constantly connected
- D** - I worry if I can't look at them
- E** - I get anxious if my phone doesn't work or is turned off



SMARTPHONE USE WITH KIDS: GUIDELINES FROM DAY 1

More cuddles, less screens! If you look at your smartphone while you are breastfeeding or when your baby calls you or talks to you, your eyes become expressionless and do not meet his/hers: a "fixed face" that doesn't show your affection

- While eating with your children it's nice to enjoy food and chitchats. Leave your smartphone away.
- Moments spent playing with your children are unique memories, don't let your smartphone replace them.
- To calm your children or make them fall asleep, don't use your smartphone! A cuddle, a story, a lullaby are the best calming tools. Remember: the blue light from your smartphone is like caffeine: it irritates, agitates, excites
- Your child's photos are like precious heirlooms for you and your family. Keep them safe and do not post them online.
- Leave your children alone with their smartphones as little as possible. Establish rules, moments and times to let them get to know them and experiment with them.
- The smartphone can be like a ball game: fun, stimulating and even educational... but only if you play together with safe rules and at appropriate times and places
- Always check the contents that the network offers, look at where they come from and decide if they are suitable for your children
- Always try to be kind and respectful in your messages and comments online. Your children learn from you!

REMEMBER/ALERT!

Smartphone abuse in the early years of life can increase sleep disorders, irritability, delay language development and learning processes by decreasing attention attitude. It can also negatively affect physical health, associated with weight gain, among other things.



For further infos



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PHON'O'METER

**uno strumento semplice per fare una "fotografia"
del tuo rapporto con lo smartphone**

in collaborazione con i pediatri ASL CN1 e A.O. S. Croce e Carle Cuneo