

[illegible]

A six-week schedule for the practical suggestions in your story selection.

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This plan brings together the practical suggestions from your story selection. The week-by-week schedule below shows when each suggestion enters. If a suggestion does not fit your household, leave it out; nothing needs to replace it.

Some stories were reached by your answers; others may be additional reading. Each story's opening tells you which. These suggestions are not a measurement of your child or a promise of change. Read the accompanying notes before choosing what to try.

To read together: *A Bed for Everything*, *The Little Wall*.

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### Try 1, from week 1: *The Harbour One*.

#### SELECTED THROUGH YOUR ANSWERS

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One way is to look, once, for something slow made for children this small, and write its name where the house can see it; what repeats each week is putting it on, not the looking. It costs a lunch break spent in a menu.

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This is about what is on, not about how long, and it is not a promise about your child's words.

**Not for everyone:** not for the day when an older child's programme is the only one the house can agree on. Whatever keeps a small child safe and busy while you earn or cook is its own good reason.

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The accompanying story note and its sources are included later in this document, under the same story title.

#### WHEN AND WHERE:

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## 1

Week one puts the first try in place. Write, on its line, when in the day and where in the house it will happen: a moment and a place, not a length. Nothing else is asked this week.

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## 2

Week two adds nothing. What is already in place comes round again, on separate days rather than all on one. If a try has quietly disappeared by now, that is information about the try and your house, not about you. Whether the ones still there fit your house is yours to say in week six; keeping one and dropping one are both allowed.

#### NOTES

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### 3

Week three adds nothing. What is already in place comes round again, on separate days rather than all on one. If a try has quietly disappeared by now, that is information about the try and your house, not about you. Whether the ones still there fit your house is yours to say in week six; keeping one and dropping one are both allowed.

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### 4

Week four adds nothing. What is already in place comes round again, on separate days rather than all on one. If a try has quietly disappeared by now, that is information about the try and your house, not about you. Whether the ones still there fit your house is yours to say in week six; keeping one and dropping one are both allowed.

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### 5

Week five adds nothing. What is already in place comes round again, on separate days rather than all on one. If a try has quietly disappeared by now, that is information about the try and your house, not about you. Whether the ones still there fit your house is yours to say in week six; keeping one and dropping one are both allowed.

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### 6

Week six adds nothing and tests nothing. Read the lines you wrote, and read once more the "Not for everyone" lines above them. Then say, to yourself or to another adult in the house, which of the tries fits your house and which does not. Both answers are ordinary. Nothing is marked, nothing is sent, and nobody in this house is being measured.

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## The Harbour One

*Ines, this one reached you through what is on, and who it suits. Here is a story about Amir, whose lunch break has a cartoon running in it.*

**A note from us.** What a small child watches can arrive without anyone choosing it: through an older brother, or because it came on next. One way is to look, once, for something slow made for children this small, and write its name where the house can see it; what repeats each week is putting it on, not the looking. It costs a lunch break spent in a menu.

#### NOTES

**Where this comes from:** reviews that pooled many studies of young children and screens. In two, programmes made for learning went with slightly better language or vocabulary. The largest found no link between content made for children and how children think or get on with others. There, content that was violent, full of action or made for adults went with slightly lower ratings of children's behaviour and feelings. The links were small. Choosing a programme the way this story shows was not tested. Madigan and colleagues, 2020; Mallawaarachchi and colleagues, 2024; Jing and colleagues, 2023.

Reviews mostly of families as they live, and they do not all agree: the cause is not shown.

This is about what is on, not about how long, and it is not a promise about your child's words.

**Not for everyone:** not for the day when an older child's programme is the only one the house can agree on. Whatever keeps a small child safe and busy while you earn or cook is its own good reason.

Your answers and this report are handled by the association HDI – Human Digital Intelligence, Zagreb, which is responsible for them. For anything about your data, write to [info@hdi.vision](mailto:info@hdi.vision).

Thank you for taking part. What you gave was your own view of your home, and that is all this report rests on.

If anything in this report upsets you, or you want to talk it over with someone, write to [info@hdi.vision](mailto:info@hdi.vision) and a person will answer. Questions about your data go to the same address.

Your answers are kept for twelve months from the day you finished answering, then deleted. You can ask for them to be deleted sooner at any time by quoting your pass code.

This is a self-assessment, not a medical or clinical examination and not a diagnosis. Your answers are used for your own report and are not used for research. They come under the data-protection measures set out for them by the association HDI – Human Digital Intelligence, and nothing else.

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