

Digital Mirror



From the story “One Episode” in your book. Picture made with AI image generation (OpenAI)

This is not an assessment of your child, but a picture of your household's everyday life as you described it. Nothing here is a diagnosis.

The Digital Mirror shows every answer you gave, theme by theme. It does not measure your child or compare them with other children; it shows where your answers about household habits cluster.

How to use it

1. Look at the colours below: themes marked “Work on this” are the place for a first step.
2. Find each theme's table further down: it shows which of your answers pointed to it.
3. In “What helps”, pick one model and try it for a week; “Six weeks, one step at a time” takes you further.

▲ What reaches your child	▲ Who owns devices and who can reach them	◆ Watching and playing together
◆ Rules and the adults who use them	● Screens in the background	● The routine before bed
● When a device helps you get through the day	● Reading and stories together	● Your own phone during time together

Legend: ▲ Work on this ◆ Keep an eye on ● Going well

What reaches your child

Question	Your answer	Points here?
In a usual week, how often is what your child watches or plays made for children of their age?	Rarely	✓
In a usual week, how often does your child watch short videos that play one after another?	Almost always	✓
In a usual week, how often does your child watch or play something made for older children or adults?	Often	✓

▲ Work on this
3 of 3 answers point here (100 %)

You described the shows and games available to your child, including age suitability and short videos.

What helps

3E · Environment · Energize → Empower

Environment: arrange your space so the good choice is the easy one · **Energize**: act first; the feeling follows · **Empower**: the change becomes yours

3O · Others · Outdoors → Outstanding

Others: people, face to face · **Outdoors**: time outside, in nature · **Outstanding**: feeling fully alive

A note from us. A screen menu is full of bright, fast videos, and choosing is part of the fun for a small child. One way is to look at two slow programmes made for children this small, then let your child pick one of the two. It costs the free run of the menu, and some days the answer to both will be no.

The Snail or the Lighthouse

Try 1 in the document “Six weeks, one step at a time” comes from this story.

Who owns devices and who can reach them

Question	Your answer	Points here?
Which of these belong to your child alone, not shared with anyone?	A tablet	✓
When your child uses a phone or tablet, whose is it usually?	Their own	✓
Where are the phones and tablets your child uses kept during the day?	Where my child can reach them	✓

▲ Work on this
3 of 3 answers point here (100 %)

You described ownership, access and where devices are kept.

What helps

3E · Environment · Energize → Empower

Environment: arrange your space so the good choice is the easy one · **Energize**: act first; the feeling follows · **Empower**: the change becomes yours

3B · Basics · Body → Balance

Basics: sleep, meals and rest without a screen · **Body**: move in your free time · **Balance**: a body that can switch off and recover

A note from us. No practice has been tested here, so this note offers none. The story shows a three-year-old whose mother's old phone is already hers, one ordinary reason to leave it so and one ordinary hesitation. It settles neither.

Pictures from Below

Watching and playing together

Question	Your answer	Points here?
In a usual week, how often do you sit with your child while they watch a show?	Sometimes	
In a usual week, how often do you play a game on a screen together with your child?	Rarely	
In a usual week, how often does your child use a screen with no adult in the room?	Often	✓

◆ Keep an eye on
1 of 3 answers point here (33 %)

You described shared screen activities and whether an adult is present.

What helps

3E · Environment · Energize → Empower

Environment: arrange your space so the good choice is the easy one · **Energize**: act first; the feeling follows · **Empower**: the change becomes yours

3O · Others · Outdoors → Outstanding

Others: people, face to face · **Outdoors**: time outside, in nature · **Outstanding**: feeling fully alive

A note from us. The studies point in different directions, so this note offers no practice. The story shows both afternoons as they are. On one, more is said on the sofa and more is watched. On the other there is less of both, and a sleeve gets sewn in.

Rules and the adults who use them

Question	Your answer	Points here?
Does your home have any rules about when, where or what your child uses on screens?	Some loose ones	✓

Question	Your answer	Points here?
In a usual week, how often do the home's screen rules go as planned?	Sometimes	
Do the adults who look after your child use the same screen rules?	Mostly	

◆ **Keep an eye on**
1 of 3 answers point here (33 %)

You described household screen rules and whether the adults use the same approach.

What helps

3E · Environment · Energize → Empower

Environment: arrange your space so the good choice is the easy one · **Energize**: act first; the feeling follows · **Empower**: the change becomes yours

3B · Basics · Body → Balance

Basics: sleep, meals and rest without a screen · **Body**: move in your free time · **Balance**: a body that can switch off and recover

A note from us. A rule that bends with your work is still a rule, and work is a good reason for it to bend. One way to make the rule easier to keep is to make it small: a place and a time. Write down the exception as well as the rule. Have every adult in the house say it the same way. It costs the easy yes.

Screens in the background

Question	Your answer	Points here?
In a usual week, how often is a TV or other screen on in a room where nobody is watching it?	Rarely	
In a usual week, while your child plays, how often is a TV on nearby that nobody is watching?	Rarely	
In a usual week, how often is a TV on in the room while you eat with your child?	Never	
When nobody is watching the TV at home, what usually happens to it?	It is switched off	

● **Going well**
0 of 4 answers point here (0 %)

You described whether a screen stays on during play, meals or times when nobody watches it.

keep what works

The routine before bed

Question	Your answer	Points here?
In a usual week, how often does your child use a screen in the hour before bedtime?	Rarely	
In a usual week, what is the last thing your child usually does before going to bed?	A story or book	
Where do the phones and tablets in your home usually stay at night?	In another room	

● **Going well**
0 of 3 answers point here (0 %)

You described screen use before bed and where devices stay overnight.

keep what works

When a device helps you get through the day

Question	Your answer	Points here?
In a usual week, how often do you give your child a phone or tablet when they are crying?	Never	
In a usual week, how often do you hand your child a device while visiting friends or family?	Rarely	
In a usual week, how often do you give your child a device on car or bus trips?	Sometimes	
In a usual week, how often do you give your child a device so you can finish a task, like cooking?	Sometimes	
When your child is crying at home, what do you usually reach for first?	Holding or a hug	

● **Going well**
0 of 5 answers point here (0 %)

You described different situations: crying, travel, visits and tasks that need your attention.

keep what works

Reading and stories together

Question	Your answer	Points here?
In a usual week, how often does an adult at home read a book with your child?	Almost always	
In a usual week, how often does an adult tell your child a story without a book?	Often	
In a usual week, when you read together, how often do you ask your child about the story?	Often	
When your child is read to, what kind of book is it usually?	Printed books	

● **Going well**

0 of 4 answers point here (0 %)

You described opportunities to read, tell stories and talk about pictures together.

keep what works

Your own phone during time together

Question	Your answer	Points here?
In a usual week, how often is your phone in your hand while you eat with your child?	Never	
In a usual week, how often is your phone in your hand while you play with your child?	Rarely	
In a usual week, how often is your phone in your hand during your child's bedtime routine?	Never	
In a usual week, how often do you stop a moment with your child to answer a message or alert?	Rarely	
In a usual week, how often is your phone in your hand when you collect your child or arrive home together?	Rarely	

● **Going well**

0 of 5 answers point here (0 %)

You described your own device use during meals, play, bedtime and arrivals.

keep what works

The note on each story and its sources are printed with that story in the document “Stories for your family”.

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