

3. Six weeks, one step at a time

Document 3 of 5



From the story “Pictures from Below” in your book. Picture made with AI image generation (OpenAI)

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

3D · Divert · Discomfort → Delight — HDI rests on one simple idea: 3D. Divert: when the pull toward the screen comes, you do not just fight it; you turn toward something that does you more good. Discomfort: the first days feel awkward, and that is expected; your energizers carry you through. Delight: repeat it, and what took effort becomes something you enjoy and choose.

Models for this age: energizers and copers ★ try first, from the stories chosen for you

★ 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

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

The 3D model, energizers and copers © HDI.Vision. Free to use and share under CC BY 4.0, with attribution.

This plan brings together the practical suggestions from your story selection. 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: *Hop, Hop, Stop!*, *Hide and Seek*.

Your six weeks, step by step with 3D

Week 1 · **Divert**: Start the first try, from the story *The Snail or the Lighthouse* (3E · Environment · Energize → Empower). Write down when and where.

Week 2 · **Divert**: Keep what you started, on different days.

Week 3 · **Discomfort**: Keep going even when it feels clumsy; that is expected. Your energizers carry you here: 3E — arrange your space so the good choice is the easy one.

Week 4 · **Discomfort**: Keep going even when it feels clumsy; that is expected. Your energizers carry you here: 3E — arrange your space so the good choice is the easy one.

Week 5 · **Delight**: Repeat it. What took effort becomes something your family enjoys and chooses.

Week 6 · **Delight**: Look back together: keep, change or end each try. Nothing is graded.

Try 1, from week 1: the story *The Snail or the Lighthouse*.

Here is a story about Marko, whose Saturday mornings start with a long menu of bright videos.

3E · Environment · Energize → Empower SELECTED THROUGH YOUR ANSWERS

Read the whole story in the document “Stories for your family”, under the same title.

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.

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 a free pick is the only thing that ends the argument. That counts too.

WHEN AND WHERE:

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

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.

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 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.