

2. Your family's digital routines

Document 2 of 5



From the story “The Snail or the Lighthouse” in your book. Picture made with AI image generation (OpenAI)

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 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 stories named here are printed in full in the document “Stories for your family”, under the same title.

What is already going well

In these themes your answers show nothing that calls for a change.

- Screens in the background
- When a device helps you get through the day
- Reading and stories together
- Your own phone during time together
- Watching and playing together
- Rules and the adults who use them

Worth your attention

Here your answers opened a theme worth talking about at home.

- What reaches your child — story *The Snail or the Lighthouse*
- Who owns devices and who can reach them — story *Pictures from Below*

What you can do

1. THIS STEP TOUCHES: WHAT WE WATCH.

   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 story that helps: *The Snail or the Lighthouse* — Here is a story about Marko, whose Saturday mornings start with a long menu of bright videos.

Only visible questions with a recognised answer are used here. An unanswered question or an answer of 'I don't know' is not treated as a problem.

These are your observations of household life. They do not measure your child's motivation, attention, wellbeing or private online experience.

The short book cannot cover every situation. Check each suggestion against your circumstances, including the limitations in its note. No improvement is guaranteed.

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.